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DEFENSE OF MARRIAGE ACT CHANGES APPLY TO CANADIANS TOO

PAGE 12

From voice of The Simpsons to Deep Throat

Hank Azaria takes on role of director of iconic '70s porn flick PAGE 21

Stars pack TIFF's slate of Canuck flicks

Among the highlights of the upcoming film fest is a Cory Monteith film PAGE 5

Smarten up baby — ditch those apps!

Educational value of mobile games for infants comes under scrutiny PAGE 16

NEWS WORTH SHARING.

LRT contract too big for bids?

Metrolinx. Mega-deal too huge, builders and architects say

Jumbo contracts are supposed to drive competition among construction companies and save Ontario tax dollars on big infrastructure projects such as roads and hospitals.

But the province's construction industry is sounding alarm bells about the $4-billion Infrastructure Ontario contract to build the stations and maintenance facility for the Eglinton-Scarborough Crosstown LRT.

The Construction and Design Alliance of Ontario — which represents engineers, architects, road and residential builders — says the contract, part of a "P3" public-private partnership is too big, squeezing out the very competition it was supposed to inspire and potentially costing up to $500 million more than it should.

A series of smaller construction and design contracts would have attracted more competition than the two giant construction consortia the CDAO says have put forward qualifications for the Crosstown work it estimates to be worth about $4 billion.

The huge Crosstown contract, being procured on behalf of provincial transportation agency Metrolinx, is also jeopardizing the 2020 completion date for the new transit, says CDAO chair Clive Thurston.

The coalition took its concerns public after failing to persuade the government behind the scenes to break the public-private project into smaller parcels.

"It's heresy to speak out about this, and for a long time we in the industry have kept our fire and we've kept our mouths shut and we've tried to work from the inside. But it hasn't worked," said Thurston, who is also president of the Ontario General Contractors Association.

The CDAO says there's mounting international evidence that bundling infrastructure projects on such a massive scale doesn't always work. Which is not to say they never work, he said, citing Infrastructure Ontario's construction bundle for 18 OPP detachments.

To bid on a project this big so early in the years-long build, companies pad their numbers to reduce their risk of underestimating or encountering a problem, said Bill Birdsell, president of the Ontario Association of Architects.

There are no Ontario architectural firms big enough to take on the $1.75 billion in work in the Crosstown contract, says the association. Toronto risks ending up with foreign-designed cookie-cutter stations. TORSTAR NEWS SERVICE

Keeping the details quiet

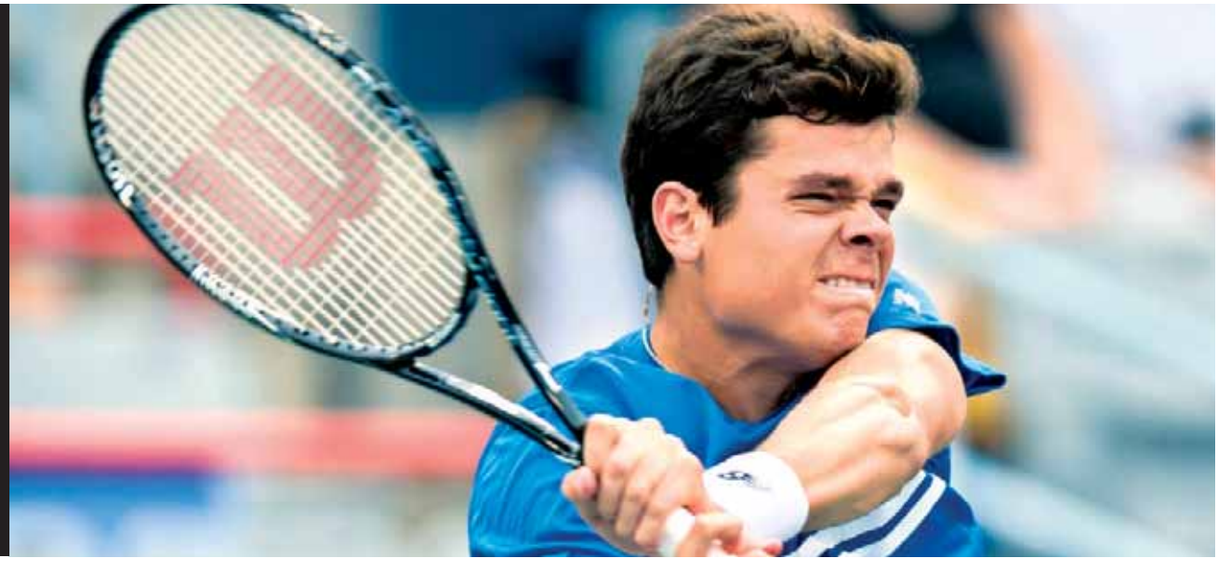
Infrastructure Ontario won't talk about the estimated worth of the contract or how many construction companies have responded to its call for bidder qualifications. The proponents are still being evaluated, she said. Citing "privacy reasons," IO will not disclose the names of construction consortia that don't qualify.

- But Thurston says it's an open secret that only two consortia have submitted qualifications for evaluation by IO in advance of the project going to tender in the fall. That's far short of the five qualified bidders IO expected, he said.
- The two consortia that have expressed interest — one mostly Canadian, another multinational — are composed of construction-industry giants including Aecom, Ellis Don, SNC Lavalin and Bechtel, OHL and Kenaidan.
- That raises the question of what happens if only one of the two qualifies to bid on the contract.

MILOS MUSCLES TO WIN IN MONTREAL

Toronto's Milos Raonic blasts a return shot to Mikhail Youzhny from Russia during second-round play at the Rogers Cup tennis tournament Wednesday. The 11th-seeded Raonic hammered Youzny 6-4, 6-4, in a match briefly interrupted by rain, to advance to the third round. More Rogers Cup coverage on page 37.

RICHARD LAUTENS/TORSTAR NEWS SERVICE



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Morton Shulman Ave.

Snub doesn't faze Shulman family

Shelley Carroll TORSTAR NEWS SERVICE

Coun. Shelley Carroll has agreed to officiate at the naming of Morton Shulman Avenue on Thursday after colleague Denzil Minnan-Wong backed out over the former Ontario chief coroner's abortion-rights advocacy, which clashed with his Catholic views.

Shulman's daughter, Dianne Saxe, said her family is not upset about Minnan-Wong's decision. "We are totally delighted the city is naming a street after my father," she said.

TORSTAR NEWS SERVICE

Monk-y business

Fake monks are shaking down the public: Police

A group of men in Chinatown who appear to be Buddhist monks may be seeking much more than inner peace.

Police warn that men could be masquerading as monks to bilk money from passersby. The ersatz abbots have shaved heads and wear yellow or orange robes, and tend to ask for donations only to aggressively demand more money upon receiving help, Const. Victor Kwong said. Real monks are allowed to accept donations but never beg for money, he said. TORSTAR NEWS SERVICE

Metrolinx halts work on Scarborough LRT

Transit. Provincial agency says it won't proceed without council support

Just in case

"In the event the city suspends pursuit of the subway extension, Metrolinx is prepared to return to implementing the current project."

Metrolinx CEO Bruce McCuaig

It's official: Metrolinx has told the city that work has stopped on the conversion of the Scarborough RT to an LRT.

"We will not expend any more funds on the project because it no longer enjoys the essential support of our partner, city council," says an Aug. 2 letter to city manager Joe Pennachetti.

The message from Metrolinx CEO Bruce McCuaig comes about a month after council voted to extend the Bloor-Danforth subway northeast to the Scarborough Town Centre, rather than move ahead on an LRT.

But approval depended on the city finding the funds — including half from the federal government — to cover the difference in cost, estimated to be about $1 billion, although many believe that's a conservative guess.

The Metrolinx letter leaves the door open, however, to the city changing its mind yet again and returning to the $1.8 billion-LRT plan the province had promised to fund in full.

Coun. Josh Matlow, who argued against the subway, is holding out hope that will happen. Calling the subway plan "the mayor and council's billion-dollar boondoggle," he believes a subway extension will cost far more than the $1 billion difference council talked about last month.

"I heard $1.6 billion and $1.8 billion, and it's going to come out of taxpayers' pockets," Matlow said.

In addition, he said, the city is on the hook for at least $85 million in money already spent developing the LRT.

McCuaig's letter also reconfirms that the province would contribute only $1.48 billion to the subway project, rather than the $1.8 billion that the city assumed when council voted in favour of the subway.

Council approval was also conditional on Ottawa providing half of the additional funding needed for a subway, something Mayor Rob Ford has said he is pursuing with federal Finance Minister Jim Flaherty.

TORSTAR NEWS SERVICE

Major subway closures this weekend

The TTC is warning riders that the Yonge-University line will be closed from Bloor to St. George both Saturday and Sunday, meaning every station south of Bloor will be closed. Shuttle buses will be running on Yonge Street and on University Avenue.

Fans attending Blue Jays or Toronto FC games on Saturday are encouraged to take the 511 Bathurst streetcar, said TTC spokesperson Jessica Martin. The Spadina Avenue replacement buses will also take fans close to the Rogers Centre. Shuttle buses will be running between stations every three minutes.

DAVID COOPER/TORSTAR NEWS SERVICE

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Streetcar in service after Yatim's death

The TTC is putting streetcar 4058 — the car in which 18-year-old Sammy Yatim was killed — back in service this week.

But TTC officials won't say whether the streetcar will return to the 505 Dundas route where the teen was killed in a police shooting early on July 27.

Streetcars aren't necessarily assigned to specific routes and can move around, TTC spokesman Brad Ross said.

The streetcar's serial number won't be changed, as had been discussed in the immediate aftermath of the shooting, he said. The decision to put car 4058 back in service comes after TTC CEO Andy Byford spoke on the phone with a representative of the family.

Any damage that may have occurred to the streetcar will have been repaired before it returns to service, Ross said.

He would not say which day this week the streetcar returns to work, "out of respect for the family's privacy."

Quoted

"They've asked for privacy. We respect that and will not elaborate any further on our discussion with them."

TTC CEO Andy Byford

"They've asked for privacy. We respect that and will not elaborate any further on our discussion with them," he said.

Provincial ombudsman André Marin will announce Thursday at Queen's Park whether he plans to launch an investigation into how police are trained to handle similar situations with the potential for violence in the wake of Yatim's killing. TORSTAR NEWS SERVICE

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Bike Challenge 401

On Wednesday, 42 cyclists left the Hospital for Sick Children to begin a three-day, 576-kilometre ride to the Montreal Children's Hospital to raise funds for pediatric cancer care. Pictured is the founder of CIBC 401 Bike Challenge Gene Piccoli, with patient ambassador Erica Scarff, riding her bike which has been adapted for her prosthetic leg. CONTRIBUTED

Ottawa urged to regulate chemo supply

'Best interests'. Review of chemo scandal calls for major Health Canada role overseeing drug-mixing companies

Health Canada should police unlicensed companies that supply pre-mixed drugs to hospitals, a new report urges after a chemotherapy drug error potentially jeopardized the health of more than 1,200 patients in Ontario and New Brunswick.

"In the safe and best interests of the nation of Canada, we need an agency that has national authority to actually regulate all of this," said Jake Thiessen, a pharmacist appointed by Ontario's health ministry to review the error and issue recommendations for preventing future breakdowns in the drug-supply chain. The province released his report and 12 recommendations on Wednesday.

Federal Health Minister Rona Ambrose declined to comment. A Health Canada spokeswoman said an ad hoc working group is looking at the issue.

Thiessen's report comes four months after Cancer Care Ontario revealed that 1,202 patients in five hospitals received lower-than-prescribed doses of cyclophosphamide and gemcitabine, drugs commonly used to treat cancers of the breast and lymphatic system.

Marchese Hospital Solutions, the Mississauga company contracted to supply the hospitals with chemo drugs, operated without federal or provincial oversight because each level of government thought the other was in charge. The lack of oversight wasn't unique to Marchese but typical in a growing industry of pharmacy-type companies supplying hospitals that contract-out drug-mixing services. TORSTAR NEWS SERVICE

Jake Thiessen and Deb Matthews RENE JOHNSTON/TORSTAR NEWS SERVICE

TIFF reveals homegrown slate

Action! Cory Monteith film among Canadian features for 2013 fest

Johnathan Sousa and Megan Park at the TIFF Rising Stars announcement at the Royal York on Wednesday. Sousa and Park were two of four actors (Evelyne Brochu and Cara Gee were the other two) named the 2013 Rising Stars. The professional development program will immerse them in a TIFF "boot camp" where they will be mentored by others in the industry during the festival. CENTRAL IMAGE AGENCY/FOR METRO

Jake Gyllenhaal, Daniel Radcliffe and the late Cory Monteith are among the stars of Canadian features headed to this year's Toronto International Film Festival.

Organizers revealed a star-packed slate from homegrown directors including Denis Villeneuve, Michael Dowse, Jennifer Baichwal, Louise Archambault, Bruce McDonald and Xavier Dolan.

They include Monteith's ensemble drama All the Wrong Reasons, a debut feature from writer/director Gia Milani that also stars Emily Hampshire, Kevin Zegers and Karine Vanasse.

The late Glee star plays an ambitious department-store manager married to Vanasse's character.

Villeneuve returns to the fest with Enemy, a Canada/Spain co-production starring Gyllenhaal as a man torn between his mistress and his wife. That's in addition to his Hugh Jackman thriller Prisoners, a U.S.-backed feature previously announced for the festival.

TIFF runs Sept. 5 to 15.

"The scope of this year's feature films is as broad as Canada's filmmaking community and demonstrates the deep versatility of our filmmakers," senior programmer Steve Gravestock said Wednesday in a release.

Dowse follows up last year's hockey romp Goon with the romantic comedy The F Word, a Canada/Ireland co-production starring Radcliffe, Zoe Kazan, Adam Driver and Canadian actress Megan Park.

McDonald's The Husband is about a man struggling to keep it together as his wife is released from jail for sleeping with a 14-year-old boy, and Dolan's Tom at the Farm is a Canada/France co-production about a young advertising copywriter who travels to the country for a funeral.

THE CANADIAN PRESS

Quoted

"From clever, biting satire to intimate social commentary, powerful dramas and even a truly magical comedy, the settings and themes vary, but the perspectives are always uniquely Canadian."

Steve Gravestock, senior TIFF programmer

Hollerado

Wartime mercy inspires rockers

A rare act of kindness between enemies — repaid with grace after the war — has echoed down through two generations to become the inspiration for a Canadian rock song.

So It Goes, by Toronto-based indie rockers Hollerado, tells the poignant story of a Second World War Dutch resistance fighter whose life was spared by a German officer, whose own life the Dutch soldier then helped save by testifying at his war-crimes trial.

Thanks to each man's act of compassion, both went on to have full lives — and grandsons who would meet some 70 years later and raise a beer to these unlikely allies.

"The story embodies so much — it's about respect between two humans in the most terrible times," said Hollerado lead singer Menno Versteeg, whose grandfather, Karel Versteeg, was the Dutch resistance fighter. TORSTAR NEWS SERVICE

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Sochi Olympics. IOC, Russia feeling pressure over anti-LGBT law

With the Sochi Olympics just six months away, U.S. President Barack Obama and Stephen Fry have increased attention on Russia over its new anti-gay law.

The law, which was signed by President Vladimir Putin in June, bans "propaganda of nontraditional sexual relations."

Obama cancelled a September meeting in the city with Putin in a rebuke over Russia's harbouring of NSA leaker Edward Snowden, having also said in an interview hours earlier that he had "no patience" with countries which discriminate against gay people.

Fry, the British author and actor, went further in an open letter to British Prime Minister David Cameron and IOC President Jacques Rogge, comparing Putin's "barbaric, fascist law" to persecution of Jewish people in Nazi Germany, and calling for "an absolute ban" of the Games.

THE ASSOCIATED PRESS

British Columbia

Illegal dental practice shut down; patients told to get tested

A man who allegedly practised dentistry illegally from a Burnaby bedroom has disappeared after authorities seized his equipment, including drills and syringes that were not sanitized.

Former patients of Tung Sheng Wu should get tested for hepatitis and HIV, the College of Dental Surgeons of B.C. and the Fraser Health Authority announced Wednesday.

EMILY JACKSON/ METRO IN VANCOUVER

MM&A Railway files for Chapter 11

Lac-Mégantic disaster. Company chairman says bankruptcy protection filings in Canada, U.S. a 'direct result of the tragic derailment'

The Montreal, Maine & Atlantic Railway, whose train caused the deadly crash in Lac-Mégantic, Que., has filed for bankruptcy protection.

RYAN REMIORZ/THE CANADIAN PRESS

The embattled railroad at the centre of the deadly Quebec train derailment has filed for bankruptcy protection.

The Montreal, Maine & Atlantic Railway says it filed for Chapter 11 bankruptcy protection Wednesday in the U.S.

It also said its sister company in Canada — Montreal, Maine & Atlantic Canada Co. — simultaneously filed a petition in Quebec Superior Court in Montreal seeking relief under the Companies' Creditors Arrangement Act, a step that would protect it from creditors.

"It has become apparent that the obligations of both companies now exceed the value of their assets, including prospective insurance recoveries, as a direct result of the tragic derailment at Lac-Mégantic," Ed Burkhardt, chairman of both companies, said.

"A process under Chapter 11 and the CCAA is the best way to ensure fairness of treatment to all in these tragic circumstances."

Burkhardt had said a bankruptcy filing was likely because of service disruptions on its rail line that crosses through Lac-Mégantic, where the downtown core was wiped out by the fiery crash and subsequent explosions that killed 47 people on July 6.

The company also faces lawsuits and enormous cleanup costs following the disaster. THE ASSOCIATED PRESS

Quoted

"We are joined in sorrow, a sorrow that will remain a part of me for the rest of my life."

Ed Burkhardt, chairman of the Montreal, Maine & Atlantic Railway

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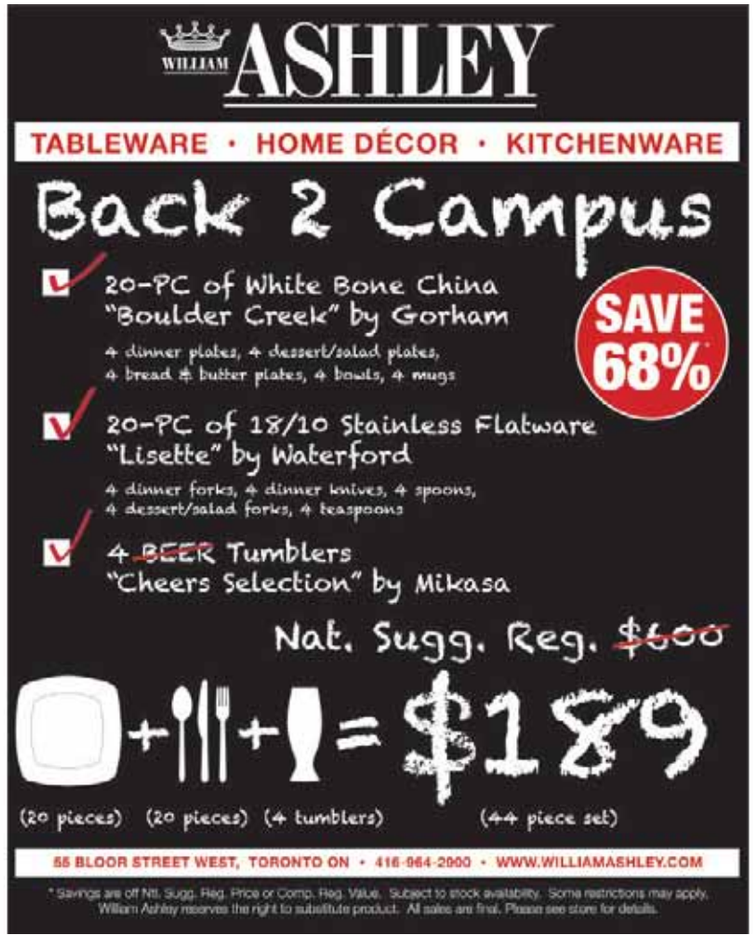
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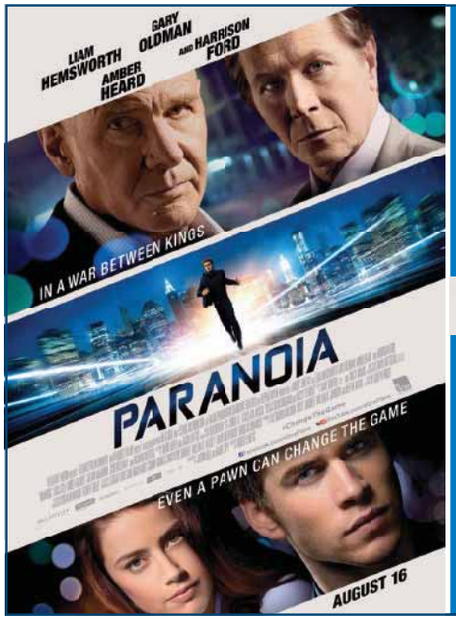

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An Egyptian woman displays a pro-Morsi slogan made of pastry to be used for Eid al-Fitr cookies as supporters of ousted president Mohammed Morsi take part in a sit-in outside Cairo's Rabaa al-Adawiya mosque, Wednesday. GETTY IMAGES

Diplomacy has failed: Egyptian leadership

Egypt. Muslim Brotherhood vows to continue sit-ins until 'legitimacy' is returned

Egypt's military-backed interim leadership proclaimed Wednesday that a crackdown against two protest sites is inevitable, saying that nearly two weeks of foreign diplomatic efforts to peacefully resolve its standoff with the Muslim Brotherhood have failed.

The government's statements strongly suggested that Egypt's sharp polarization may spiral into even more bloodshed as thousands of supporters of ousted president Mohammed Morsi, a longtime Brotherhood figure, camp out at two main Cairo intersections and hold daily protests outside security buildings.

"The decision agreed on by all to clear the sit-ins is final and irreversible," Prime Minister Hazem el-Beblawi said on state television, reading a statement issued by the Egyptian cabinet. THE ASSOCIATED PRESS

High stakes

At stake is the Arab world's most populous country. Already more than 250 people have been killed in violence since the military ousted Morsi last month, including at least 130 Brotherhood supporters in two major clashes.

Yemen. Government says it foiled al-Qaida plots

Authorities foiled plots by al-Qaida to take over key cities in southern Yemen and attack strategic ports and gas facilities, a government spokesman said Wednesday amid a heightened alert that has seen Western embassies evacuated and a new suspected U.S. drone strike that killed seven alleged militants from the terrorist group.

Al-Qaida planned to target the cities of Mukalla and Bawzeer, then send militants disguised as Yemeni troops to attack two strategic oil ports in the impoverished country on the Arabian Peninsula, government spokesman Rageh Badi said. THE ASSOCIATED PRESS

'Persistent challenge'

Al-Qaida affiliates a serious threat: UN

UN experts on sanctions against al-Qaida pointed Wednesday to the growing sophistication of online terrorist propaganda. "Individuals ... associated with al-Qaida and its affiliates continue to innovate," a report to the Security Council said. THE ASSOCIATED PRESS

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Autopsy report. N.B. brothers killed by python died of asphyxiation

The two boys killed by an African rock python in Campbellton, N.B., died from asphyxiation, say preliminary results of autopsies released by the RCMP.

The Mounties said a pathologist came to that conclusion after completing the autopsies on four-year-old Noah Barthe and his six-year-old brother Connor.

"While we now have some preliminary information, investigators still have to wait for other test results to come back and for the final report," Sgt. Alain Tremblay said in a statement Wednesday.

"We recognize that this has touched the hearts of people across the world and that people want to know how this could have happened. Our investigators are looking at all aspects of this tragic incident, and that will take some time."

Tremblay said the necropsy on the snake shows that it was in overall good health but they are still waiting for a final report. THE CANADIAN PRESS

Noah Barthe, left, and Connor Barthe
FACEBOOK/THE CANADIAN PRESS

Ont. considering new laws

Ontario will consider new laws on exotic pets. Community Safety Minister Madeleine Meilleur said she wants to talk to municipalities about having a common set of regulations, rather than the current "patchwork," which leaves regulation of potentially dangerous animals up to municipal bylaws.
TORSTAR NEWS SERVICE

Ariel Castro's Cleveland nightmare house destroyed

The home where three women were held captive and raped for more than a decade is torn down in Cleveland on Wednesday. Authorities said they wanted to make sure the rubble isn't sold online as "murderabilia." Ariel Castro, 53, was sentenced last week to life in prison plus 1,000 years after pleading guilty to 937 counts including aggravated murder, kidnapping, rape and assault.
MARVIN FONG/THE PLAIN DEALER/THE ASSOCIATED PRESS

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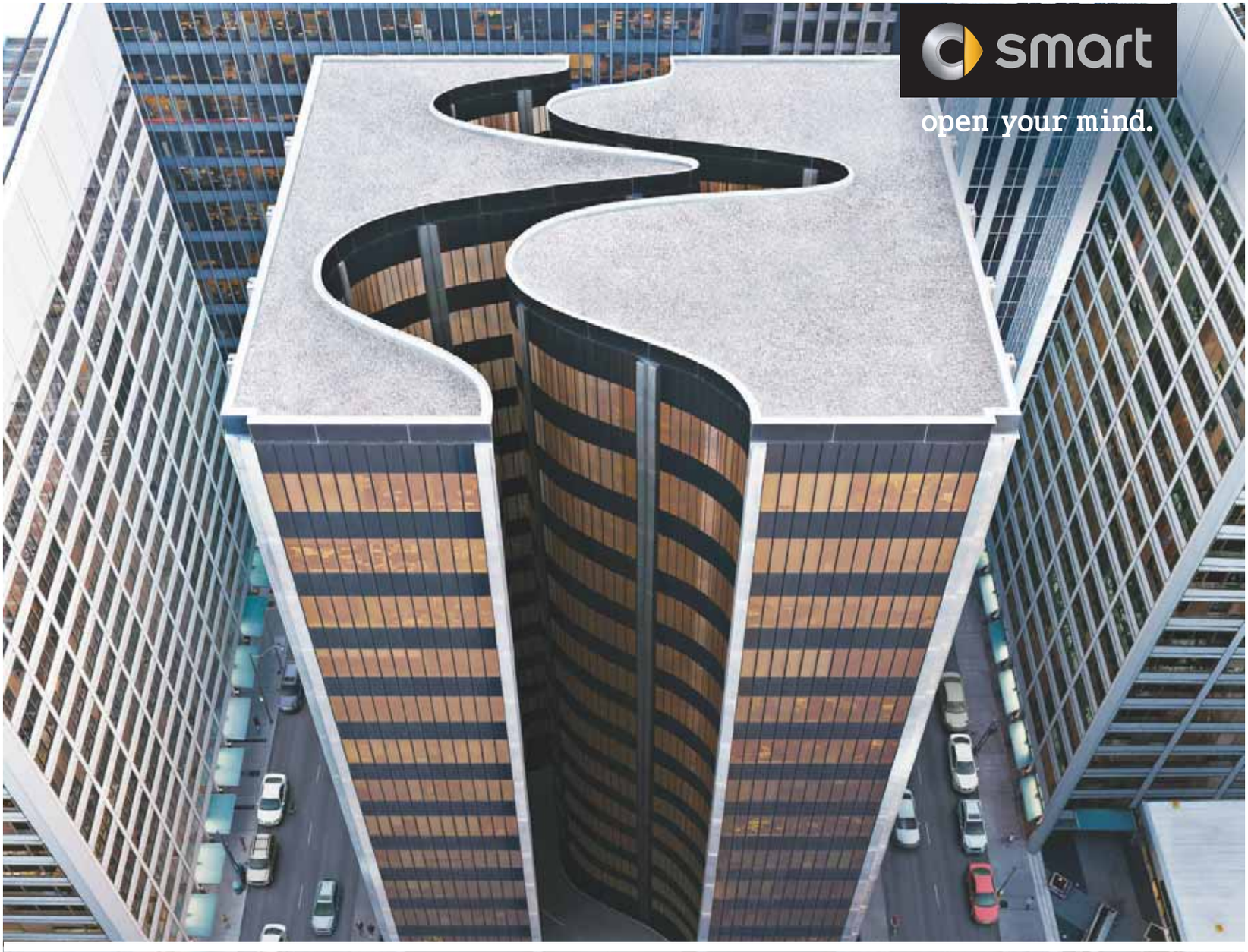

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'Concerning' shortage

Blood Services falls into the red

Fewer Canadians have donated blood this summer, which has led to a "concerning" shortage that has prompted the Canadian Blood Services to draw on its national reserves, the charity said Wednesday.

More than 50,000 donations are needed between now and Labour Day to meet constant demand from hospitals and keep blood inventories at acceptable levels, the group said.

A spokeswoman for the group said the summer is usually "the biggest challenge of the year" partly because many of their regular donors are travelling.

THE CANADIAN PRESS

Didn't cost a nickel

Baby beaver flies to its new lodge

An orphaned baby beaver who was found on a trail in rural Manitoba was being flown to its new home in Ontario Wednesday.

The beaver has been named President, in honour of President Air Charter, which volunteered to fly the pup from Winnipeg to Peterborough so the animal could be rehabilitated.

The Aspen Valley Rehabilitation Sanctuary, which already houses seven beaver cubs, said its current residents would provide much-needed companionship for the new arrival.

THE CANADIAN PRESS

End of DOMA saves Canucks in the U.S.

Defense of Marriage Act. News that change applies to foreign gay couples a true godsend

JESSICA SMITH
jessica.smith@metronews.ca

On Friday, the U.S. secretary of state announced life-changing implications to thousands of Canadians: the end of the Defense of Marriage Act applies to all married same-sex couples, not just American citizens.

For Canadians like Brandon Marshall and his husband Mike Aldridge, the death of DOMA was fantastic news — but after the initial celebration they were left with a few questions.

"We were just really over the moon. It had such a big, direct implication for us," said Marshall. "But there was still a little bit of confusion as to what exactly it meant for us.... We weren't sure if it was just for U.S. citizens trying to sponsor their partners."

Marshall is an assistant professor in the Department of Epidemiology at the Brown University School of Public Health. Aldridge is able to stay in the U.S. for now as he studies for a Masters of Health Science as a radiology assistant.

Brandon Marshall, right, and his husband Mike Aldridge in a photo taken on Block Island. COURTESY BRANDON MARSHALL

Respect here and there

"It's just wonderful to have our marriage fully recognized. It's not to say we'll live here forever ... but to have these opportunities afforded to us like any other couple is wonderful." Brandon Marshall

Marshall has now started applying for a green card based on his tenure-track position with Brown. If it is approved, Aldridge will get a green card like any another spouse.

And that changes everything for them.

Since Marshall began post-doctoral studies in the U.S., they've had a difficult time finding ways to be together.

Aldridge could only stay in the U.S. for six months on a tourist visa. Going back to school would only be a temporary fix: even after he graduates, getting a work-based visa in his field would have been a challenge.

"It was looking pretty bleak," said Marshall. "Having DOMA repealed allows us to have longer-term options and plans on the table now."

For Aldridge, DOMA meant he couldn't work. Every time they crossed the border, guards had the discretion to re-evaluate his visa. They always worried he would be denied.

"To have your marriage ... not count is so disheartening and frustrating, to be treated differently at that moment," he said.

'Offensive.' Women's lobby scolds Baird over defence of gay rights

A conservative women's group has slammed Foreign Affairs Minister John Baird for defending gay rights on the world stage, saying his views are at odds with Canadian values and even his own party.

In a news release Wednesday, REAL Women of Canada said the minister has abused his post "to further his own perspective on homosexuality."

"It really is offensive," Gwendolyn Landolt, national vice-president of REAL Women, said in an interview. "The issue is really why is he interfering in a sovereign country?

"I don't want other countries to get what we have here where people's religious values and traditional values are being pushed aside and giving homosexuals priority."

Their criticism is linked to Baird's defence of same-sex rights in places such as Uganda and recently Russia, which is under fire for a new law that outlaws gay rallies and the use of the media and Internet to promote gay causes.

Baird revealed last week that Canada has been working for months trying to convince Russia not to implement the law. In an interview with The Canadian Press, Baird said the "mean-spirited and hateful law" is an "incitement to intolerance." TORSTAR NEWS SERVICE

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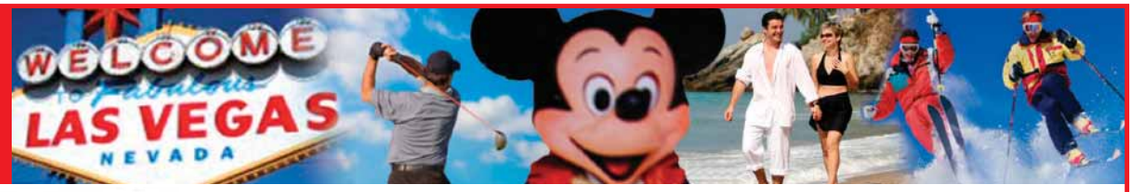

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‘Sorry I’m late,’ says man after marathon swim to Detroit

Lake St. Clair. Dreyer began his swim towing two dinghies full of bricks, but ended the feat with just one

Nearly 51 hours after jumping into a lake near the Michigan-Canada border, a long-distance swimmer who calls himself The Shark finished his 35.4-kilometre journey to Detroit while hauling more than a half-ton of bricks.

Jim Dreyer had been pulling two dinghies bearing 334 bricks weighing more than 907 kilograms behind him when he departed Monday for the swim across Lake St. Clair. But by Wednesday morning, after moving more slowly than expected, he was only hauling one during the swim’s final stretch.

“It is so good to be in Detroit,” he said after landing on the beach and kneeling. “Sorry I’m late.”

Dreyer’s swim near the Michigan-Canada border was to raise money for Habitat for Humanity, but he said it had other symbolic meaning given the situation in Detroit, which has filed for bankruptcy protection.

“What I really wanted to show is that even though there’s a lot of financial pain in the state of Michigan — and nobody’s felt more pain than the city of Detroit — we don’t have to sink with the weight of our burdens,” he said.

Dreyer ended his swim at Detroit’s Belle Isle, located on the Detroit River across from Canada. He had expected to finish Tuesday after about 30 hours, but he said waves along the way — up to a metre during the day and more than a metre at night — slowed him down.

“When you’re pulling a ton of bricks into the whitecaps that’s a big wave,” Dreyer said. THE ASSOCIATED PRESS

Seeing things

Jim Dreyer said he had a number of hallucinations, including one he described as a vision of Jesus.

- “I saw a guy in a white robe standing on the water,” Dreyer said. “I swam up to him and he disappeared. I was thinking he was the Big J.C.”

Jim Dreyer, a long-distance swimmer, arrives at Belle Isle in Detroit on Wednesday, after swimming across Lake St. Clair while hauling dinghies filled with more than 907 kilograms of bricks. The event raised funds and awareness for Habitat for Humanity. CARLOS OSORIO/THE ASSOCIATED PRESS

Russia’s anti-gay laws

Sulu backs Games move to Vancouver

Activist and actor George Takei, best known as Sulu in the original Star Trek TV series, is calling for the Sochi 2014 Olympic Games to move to Vancouver. He’s the latest celebrity to weigh in on Russia’s anti-gay laws and is endorsing an online petition that has garnered more than 40,000 supporters. THE CANADIAN PRESS

Tattoo shop

One way to kill the competition

The owner of a tattoo shop in North Bend, Ore., is accused of trying to shoot the owner of another tattoo parlour to eliminate his competition.

Court papers say the gun apparently jammed but Bay Area Ink owner David Edgar Wonnacott hit Flying Chicken Tattoo owner Brian Graham’s head with the butt of the weapon. THE ASSOCIATED PRESS

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Apps don't help babies learn, group contends

Washington. Advocates ask U.S. regulators to examine claims made about educational value of mobile games for very young children

Smartphones don't make smart babies, an advocacy group declared Wednesday in a complaint to the U.S. government about mobile apps that claim to help babies learn.

The Campaign for a Commercial-Free Childhood, whose allegations against Baby Einstein videos eventually led to nationwide consumer refunds, is urging federal regulators to examine the marketing practices of Fisher-Price's Laugh & Learn mobile apps and Open Solutions' games, such as Baby Hear and Read and Baby First Puzzle.

The Boston-based group says developers are trying to dupe parents into thinking apps are more educational than entertaining.

It's the campaign's first complaint to the Federal Trade Commission against the mobile app industry as part of its broader push to hold businesses accountable for marketing claims about their technology to very young children and their parents.

"The research shows that machines and screen media are a really ineffective way of teaching a baby language," said Susan Linn, the group's director. "What babies need for healthy brain development is active play, hands-on creative play and face-to-face (interaction)."

The American Academy of Pediatrics discourages any electronic "screen time" for infants and toddlers under two, while older children should be limited to one to two hours a day. It cites one study that found infant videos can delay language development, and warns that no studies have documented a benefit of early viewing.

THE ASSOCIATED PRESS

Quoted

"Everything we know about brain research and child development points away from using screens to educate babies."

Susan Linn, director of Campaign for a Commercial-Free Childhood

Market Minute

DOLLAR 95.94¢ (-0.44¢)

TSX 12,412.73 (-56.59)

OIL $104.37 US (-93¢)

GOLD $1,285.30 US (+$2.80)

Natural gas: $3.24 US (-8¢)
Dow Jones: 15,470.67 (-48.07)

Hong Kong poaching haul

Hong Kong customs officials have seized a shipment of 1,120 ivory tusks, 13 rhino horns and five leopard skins worth about $5.5 million, according to Vincent Wong, customs' head of ports and maritime command. They were found in a container full of wood that originated in Nigeria, he said. Wildlife activists say China's growing presence in Africa is to blame for an unprecedented surge in poaching of elephants for their tusks. LAM YIK FEI/GETTY IMAGES

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SLEEPING ON THE KEYBOARD

HE SAYS

John Mazerolle
metronews.ca

One of the most important things to know about working the night shift is that it sometiah;a; ajioa mpffff ghamha zjzzehzwez zzzzzzzzzzzzzzzzzzzz.

Oops, sorry about that. Fell asleep with my nose on the 'z' key.

This may come as a surprise to readers who assume this column pays for my luxurious lifestyle of never cooking my own meals, but to make ends meet I work several freelance writing jobs including the occasional night rotation at a news organization.

I'm in the midst of a three-week stretch working overnight, partially because I seem to be the only person who can tolerate the shift.

But working overnight has many perks, I believe.

I get exercise through a vigorous regime of repeatedly falling half-asleep and jerking awake. I earn friendships at work from co-workers who are glad they're not me. And there's a special thrill knowing I could bring down the company with a few unsupervised "mistakes."

So if you find yourself in similar work circumstances, don't despair. There are a number of tips I follow to make nights more tolerable, and by sharing them I hope to keep you in the dark, too.

Working on your night moves: a guide to the late shift

- Make your eight-hour shift more manageable by breaking it into eight one-hour naps.
- Remember that with your bosses absent, you are empowered to make yourself Supreme Ruler and Grand Protector of the Realm of Worklandia, and that a mop and bucket make a nifty sword and helm.
- You can learn a lot about human nature on the night shift. Check the Facebook chat box at 3 a.m. to see which of your friends are most haunted by their empty lives.
- Listen to Losing My Religion on repeat to promote R.E.M. sleep.
- During the day, occasionally throw your window open to the bustling street below and yell, "Some of us are tryyyying to sleep!"
- The night shift can be a much-needed escape from a stressful home life. So if your family life is good, change that.
- Your body will listen to the sleep signals you give it, so adjust your circadian rhythms by staying awake for 96 hours straight.
- Make your body think it's the height of day with a Seasonal Affective Disorder Lamp, some loud music, a two-four of Molson Canadian, and 10 of your closest friends.
- If co-workers arriving in the morning criticize the work you did while they were asleep in their soft beds, injuring them is completely acceptable, and in fact recommended.
- Use heavy curtains during the day so that you can live with the illusion you live in total darkness, which will make it easier to just give up.

And those are my tips. I hope you found them enlightening.

If my advice doesn't work and you still feel like the walking dead, console yourself with the knowledge that one way to deal with the zombie apocalypse is to become a zombie. Eeeeeeeeeeeeeee. Sorry. Nose on the 'e' key.

ZOOM

It's a goat thing they feed us for this

WIN MCNAMEE/GETTY IMAGES

Landscapers are worth chewing over

Eco-Goats begin the process of clearing land adjacent to the historic Congressional Cemetery on Wednesday in Washington, D.C.

Dozens of goats will be used to clear a two-acre plot covered with vines, poison ivy and ground cover adjacent to the cemetery where former FBI director J. Edgar Hoover, photographer Mathew Brady and former vice-president Elbridge Gerry are buried.

Goats are being deployed for the task to prevent toxic weed-killing chemicals from being used so close to the nearby Anacostia River.

THE ASSOCIATED PRESS

Their contract

6 days

The goats that have been "hired" for the landscaping gig will work 24-hour shifts for six days. The Washington Post noted that Congress is currently not in session, but that the goats may "be more productive than Congress" has been. The cemetery is open from dawn to dusk but cars aren't welcome.

Their employer

- The business, called Eco-Goats, is based in Maryland. Owner Brian Knox says he got into the business by mistake, as a friend was trying to get rid of some goats. He soon realized how sustainable the method was.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK

Look out, Spanish and Mandarin, there's a new language in town. Computer code is no longer the domain of the suspender-wearing, glasses-sporting computer-science geeks — coding is now cool. From programs like Code for Kids to Ladies Learning Code, computer language has gone mainstream. Getting down with code can put a strain on your wallet — but it doesn't have to with these free online courses.

Codecademy
Learn JavaScript, Ruby, Python, etc., online, for free, at your own pace.

Treehouse
Using online videos, you can learn code, web design, etc., then practise what you've learned with quizzes.

Udacity
Stanford University offers free online courses on just about anything, including HTML, JavaScript and others.

Comments

RE: WpgParkingFail Shames Winnipeg's Poor Parkers, published online Aug. 5

Kudos to the crew that saw this nugget of news from concept to execution. Mysterious creator who shall remain anonymous? You're writing a story about a blog, not taking down Nixon with Watergate. Guy's name is Paul Overwater. There. Hooray for domain registration info being public. And yup, Facebook confirms. Get some standards, Metro. This is basic stuff and you know it.
Richard Curly posted to metronews.ca

Twitter

@metropicks asked: WPGParkingFail.com shames 'Peggers for their parking skills, or lack thereof. What driver/cyclist/pedestrian offence do you think needs shaming?

@gaylebg: all the problems and this is the best you can come up with. Raspberries

@MartinvandenH: Is RmdParkingFail.com far behind?

Follow @metropicks and take part in our daily poll.

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metro

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The sweet sounds of drone love

SummerWorks.
Oddball piece of theatre scored by local band the Bicycles

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

The Bicycles were tasked with creating a soundtrack for the story of a couple of crazy drones falling in love. COURTESY CHRISTA TREADWELL

As fans of dystopian science-fiction will tell you — or anyone who's seen Terminator 2 for that matter — when machines turn on their human creators, things never end well. But what if digital self-awareness held less nefarious consequences?

That's the question asked in Young Drones, a brand new music and theatre piece put together for this year's SummerWorks Theatre Festival.

Written by Maggie MacDonald, the story concerns a pair of drones — those unmanned bombers currently at the centre of controversy down South — who fall in love with one another.

"They no longer want to kill," explains Dana Snell. The drummer, along with her bandmates in the Bicycles, created 45 minutes of new music to soundtrack this odd-ball piece of entertainment.

The local quintet was contacted by SummerWorks about the performance back in June.

"Not too familiar with the theatre world," they got in touch with MacDonald, a long-time friend, to hammer out ideas.

The Bicycles' music is accompanied by MacDonald's lyrics, which will also be included in Amy Siegel's video projections.

Opening this one-time only event is John Southworth. Posing as a scientist, Southworth sets up the scenario by welcoming guests to "the bunker" where the singer-songwriter gives a "top secret presentation" detailing a proposed drone circuitry grid across Alberta.

John Southworth plays a scientist in Young Drones. CONTRIBUTED

"It's up to the audience to decide whether I'm a genuine researcher … or just an art piece," he says.

A proposal to excavate Niagara Falls, moving it outside of the Banff Springs Hotel, should make his intentions pretty explicit.

The madcap conceit — a hawkish scientist and self-aware robots — pulls from the same kind of surreal political satire that marked Dr. Strangelove. But that wasn't necessarily the intention.

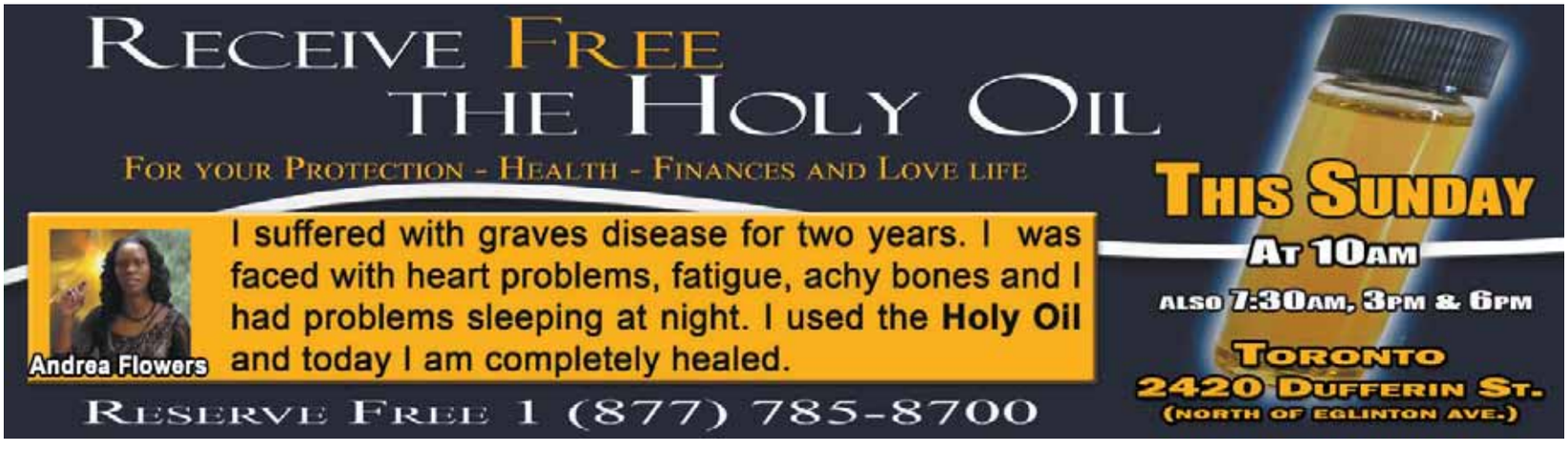
"That was 40 years ago," says Southworth. "To think we haven't progressed beyond that is scary."

Young Drones opens Aug. 15 at 10 p.m. at the Black Box Theatre as part of the SummerWorks Theatre Festival. Check out summerworks.ca for details.

The best band you've never heard of

The Bicycles and John Southworth aren't household names but they've got lengthy resumés that will put some of the buzziest of buzz bands to shame.

- The Bicycles are made up of sometimes/former members of Meligrove Band, the Hylozoists and Laura Barrett's band, among many others.
- After a lengthy hiatus they returned this year with their third album, the genre hopping Stop Thinking So Much.
- Southworth's songs have been covered by a wide range of artists, from Sarah Slean to July Black.
- His next "expansive" album could be a double record. "I hope it will be," he says. "It's going to be hard to pull off."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A little bit of love, a lot of acting chops

The making of Deep Throat. The voice of The Simpsons takes on the role of the director of iconic porn of the '70s — and hates wearing polyester

MATT PRIGGE
Metro World News in New York

Hank Azaria gets his turn in front of the camera in Lovelace. CONTRIBUTED

Hank Azaria is more often heard than seen, given that he's about to start his 25th season as the voice of Moe, Apu, Chief Wiggum, Comic Book Guy, et al. on The Simpsons. But he has a long history in front of the camera as well. He can currently be seen, under impressive makeup, as Gargamel in The Smurfs 2. The flip side of his talents can be seen in Lovelace, a biopic about the making of the legendary box office juggernaut porn Deep Throat, in which he plays the film's director, Jerry Damiano.

You were very young when Deep Throat came out. How aware of it were you then?
You heard about it. It was a big deal. I remember hearing Deep Throat and confusing it with Watergate. I knew it was sexual, but I obviously never saw the film, at least back then.

What attracted you to the project?
People were asking me if I had second thoughts doing it. I could imagine why Amanda (Seyfried, who plays star Linda Lovelace) might have second thoughts, with all the nudity. But I can't imagine why anyone else would. Post-Boogie Nights, why would anybody hesitate? You'd think I'd been asked to do a porn.

How did you prepare for the role?
There was a lot of interview footage of this guy. He's much like I portray him — he was very sweet and open and enthusiastic and thinking he was making art. He loved making movies, and loved pornography. It wasn't "Oh, s—, I wanted to be a filmmaker and I got stuck here!" This guy really loved making adult movies and wanted them to be as great as they could be, almost in a childlike way.

Was it easy to get into that '70s vibe?
The wardrobe and the hair really did that for us. It's hard not to feel like you're in the '70s when you're dressed head-to-toe in polyester. I found myself very grateful we're no longer in the polyester era, even though I wore it as a kid. Boy, is that stuff uncomfortable and ridiculous. It's like wearing plastic. It doesn't breathe.

How do you handle that tonal switch as an actor?
You just try to play things honestly. I was depicting Jerry very much as he was, how he sounded. He had his sense of humour and what he was earnest about. They did a smart thing in editing: They made it two very clear sections — here's the happy version of what happened, and here's the more realistic not so f—ing happy version of what happened. By doing that they avoided anybody saying this film has tonal problems. It's true that, like life, both extremes existed at the same time. But they were smart in the way they cut it to give you one version of the story, then another.

The directors are documentarians. How is it like working with them as an actor?
I admire their documentaries. I like working for guys like that because — and maybe I was just imagining this — you get the feeling they want your performance to be very realistic.

Married to a porn star

Sarsgaard is 'creepy' as Seyfried's beau

Peter Sarsgaard and Amanda Seyfried star in Lovelace CONTRIBUTED

Peter Sarsgaard is eating up rave reviews for his latest dark characters: A porn star's manipulative husband in the biopic Lovelace and the violent yet sympathetic death-row inmate in the AMC series The Killing.

In a recent interview, the actor said connecting with his audience feels like a reward. "It's like, 'Yay, I did a good job! That's fantastic.'" In Lovelace, which opens Friday, Sarsgaard is Chuck Traynor, husband of the Deep Throat star Linda Lovelace. As Lovelace later alleged, the film shows Traynor coercing his wife into the pornography business and physically and emotionally abusing her, even forcing her to have sex with other men. Amanda Seyfried, who plays Lovelace, called Sarsgaard's Traynor "malicious and selfish." Cast mate Debi Mazar said when in character, Sarsgaard was "terrifying and creepy" on set. THE ASSOCIATED PRESS

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Mark Wahlberg

Wahlberg tells 'naughty' Bieber to clean up his act

Mark Wahlberg is no stranger to being a shirtless pop star with sagging pants, so he speaks with some authority when he gives advice to Justin Bieber — which is exactly what he did during a an interview recently.

"Justin, are you listening? Don't be so naughty, yeah?" Wahlberg said in a faux-British accent. "Be a nice boy, pull your trousers up, make your mum proud, yeah? Stop smoking all that weed, you little bastard."

Sylvester Stallone ALL IMAGES GETTY

'Greedy and lazy' Willis expendable to Sly as star launches Twitter attack

Sylvester Stallone doesn't like to hold back when it comes to Twitter. He couldn't resist taking a shot at Bruce Willis after announcing the Die Hard star had bowed out of the upcoming Expendables 3 despite appearing in the first two films. Shortly after announcing that Willis is out and Harrison Ford is in, Stallone posted a not-so-subtle, "Greedy and lazy. A sure formula for career failure." Stallone's reps confirmed to the Huffington Post that the words were meant as a reference to Willis.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Turns out Lindsay Khan really get on your nerves

Lindsay Lohan may be looking responsible and mature post-rehab, but while serving her 90-day stint at Cliffside Malibu she reportedly got under the skin of fellow patient Chaka Khan, according to Radar Online. "Lindsay just pushed all of her buttons to the point where she was aggravated and tired of Lindsay's s—," a source who was receiving treatment at the same time says. "Lindsay was just doing stupid stuff for attention, so Chaka told her she was childish and told her to grow up. Chaka was so annoyed with Lindsay. It got so bad that she refused to get in the same car with her or go to the same meetings. So Cliffside had to change everything up schedule-wise so the two were never together." Not only that, but the soul singer even checked out of rehab early just to avoid Lohan: "Chaka told me she was leaving early because she couldn't stand Lindsay," the source says

Dustin Hoffman

Hoffman out of woods for now after cancer scare

Dustin Hoffman recently underwent treatment for cancer that doctors were able to find early enough to "surgically cure" him, his reps tell People magazine. "Dustin is feeling great and is in good health," his rep says, though she did not specify what type of cancer Hoffman had developed. The actor will continue preventative treatment to reduce the risk of the cancer returning.

Twitter

@Sethrogen
People seem more interested in the news that Harrison Ford has been cast in a movie than they are the actual movies he's in.

@markduplass
We don't need more scripts where the lead character gets fired & gets dumped in the 1st 5 minutes to justify their ensuing zany antics.

@pattonoswalt
Call your parents and apologize. Just, on general principles. For everything.

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Watch where you're going

It's about time. The world's about to mix style with smart

RICHARD PECKETT
Metro World News

The Dick Tracy-style voice command watches are here. Yes, it'll be okay to chat to your wrist in public, but hey, thanks to Bluetooth phones we can already hear street soliloquies, so it shouldn't be a big deal. The question is: are today's smartwatches techy enough for the mass market?

"Only 100 million smartwatches will be shipped by 2017, in comparison to 1.6 billion smartphones and 280 million tablets," predicts senior analyst Joshua Flood at market intelligence company ABI Research. However, current smartwatches are likely to have an appeal with so-called "iPhone fanatics," thanks to their email, text, social media (Facebook and Twitter) and phone message alerts.

In fact, the iPhone generation has provided a fashionable market opportunity for Sweden-based Mutewatch, a "retro and futuristic" timer as described by CEO Mai-Li Hammargren. To look at, it's incredibly '80s, with a touch of Knight Rider-style but the technology is suitably Noughties: it has no buttons, is activated with the flick of a wrist or a touch of the screen, and charged via USB (battery life three to four days).

Smartwatches are part of a growing wearable technology trend, with head-mounted device Google Glass slated to hit stores in the U.S. at the end of this year and Europe in early 2014.

However, whereas Mutewatch is something of a silent revolution that in Hammargren's words "handles digital lifestyle," companies such as i'm Watch, Martian and Pebble are hoping to get wearers wired up to social media, such as Twitter and Facebook, for a more immersive experience.

But why are technology giants entering into an always-risky new market? Flood explains, "A smartwatch that can sync with your smartphone is a great way for brands like Apple and Samsung to build on their foundation of tablets and phones." He adds: "It's an ideal device from the component side too because they already have the necessary partners and contracts in place to produce a smartwatch — it's simple in terms of ecosystem and software."

What's on the market?

The classic watchmakers

Casio G-Shock GB-6900AA links to iPhone 4s and 5. The device notifies the wearer of calls and emails and has a "phone finder" function.
$180, casio.com

The classic watchmakers

Citizen Eco-Drive Proximity AT7030-05E syncs with an iPhone 4S or 5. The watch vibrates with calls, emails and events on download of a free proximity app.
$495, citizenwatch.com

Technology drivers

Martian G2G offers iOS and Android compatibility. The timepiece has inbuilt voice command via Siri or Google Voice for smartphones and includes social media updates and posting. $249, martianwatches.com

The technology drivers

I'm Watch can receive calls, emails and even manage events and appointments, with the added bonus of enabling the user to download and listen to music.
$299, imsmart.com

News. Apple eyes the style experts

The ties between fashion and technology are drawing tighter as Apple appoints YSL Group's former chief executive Paul Deneve. "He'll (Deneve) be working on special projects as a vice-president reporting directly to (CEO) Tim Cook," announced Apple.

Deneve is the latest recruit from the fashion world to join the Californian-based company, with J.Crew's CEO and chairman Mickey Drexler on Apple's board, while Cook is a director at Nike Inc.

RICHARD PECKETT

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Legal Matters

Buying a flooded home

We are purchasing a house in a couple of weeks that the seller has divulged was the subject of recent flooding. We are concerned because according to the seller, their insurance company has not been moving quickly. Would it be your advice to wait to take possession and get the work done ourselves with a reduction in the purchase price based on their insurance adjusters' estimates or their contractors' estimates? Should we insist that the repairs be done before we purchase the house?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

With all of the flooding happening in many parts of the country, insurance adjusters are extremely busy. You are one of many inquiries with respect to flooding repairs. The first consideration is that the primary responsibility for a property remains with the seller until the actual closing day. So, if you can get the owner to fix the damage before you close the transaction that would be best.

Also, because the insurance relationship is between the seller and their insurance company, I wouldn't rely on payment "after the fact" for repairs that are done under your ownership. At the very least, you should determine what the cost of repairing the damage would be and either discount the purchase price or have a holdback by your lawyer to cover all costs. With any solution to this problem you should make sure the money is in your "back pocket" or that of your lawyer in order to address the repair costs.

The former industrial area to the east of the downtown core may get a major facelift with Toronto hosting the 2015 Pan American Games.

PHOTO ILLUSTRATION COURTESY TORONTO 2015 PAN AM GAMES BID COMMITTEE

Not ready to buy? Rental prices increasing quickly

CONDO TRENDS
Duncan McAllister
life@metronews.ca

It may be getting harder to find a rental condo in Toronto. According to a recent report by real estate analysts Urbanation, rental prices are increasing faster than resale and new condo prices as the market tightens, particularly in the downtown core.

The average rental now goes for $1,856 per month, or $2.33 per square foot. That's an increase of more than 10 per cent in the past two years.

"Clearly the rental condo market is very tight, there's no doubt about that. The vacancy rate would be substantially less than one per cent," says Jim Ritchie, marketing VP at Tridel, which owns Del Condominium Rentals.

Urbanation found that 31 per cent more condo units were leased in the first quarter of 2013 than in the previous year. Ritchie attributes this to two factors.

"One is, how that compares to the number of new condominium suites that were completed and brought into the marketplace for that same period. So there's more supply of the product that could be rented.

"Number two, we certainly saw period of time where the market has softened somewhat and people who did not make a buying decision chose to rent and that has put pressure on the condo rental market."

Because of the tightening of mortgage lending rules last year, many first-time buyers are waiting it out by renting instead of buying and condo investors are tending to rent out their units rather than sell them.

Add to that the competition by empty nesters downsizing from the family home.

It's not impossible to find a rental unit, but potential renters should be prepared for competition for the more desirable and affordable units. Landlords look for certain characteristics: Having a good credit rating definitely helps, as well as providing a rental "resumé" listing your positive attributes such as not having pets or being a non-smoker.

As new rental inventory comes on the market over the next few years, there will be more supply available, particularly after the conclusion of the Pan Am Games in 2015 when the Athletes' Village condo units become available.

"The supply of inventory is the big question inasmuch as there's lots of opinions as to how much and when," says Ritchie. "Statistically if you look at the last 10 years, our industry has been able to actually build and complete about 15,000 units annually. These projections that we see for 2014 and 2015 would be substantially higher than that. I don't know the industry can actually do that."

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Rooftop Surfing

New homes offer the freedom to choose

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta and bildblogs.ca.

As an advocate for the new homes industry, I am often asked by my friends and family to explain what it is about new homes and condominiums that stands out and above their resale counterparts. While there are a number of reasons to pick from, I would have to say that the underlying factor is the freedom of choice.

When you buy a brand new home, you get to choose your builder based on their reputation and track record. Just like buying a new car, you know that certain brands carry a definite advantage and with no previous owner, you know you're getting exactly what you're paying for.

While choosing your builder is a critical step, choosing your finishes is where the fun begins.

New home buyers can completely customize their homes or suites to their liking. Whether it's floors, kitchen cabinets, countertops or faucets, your new home is built completely to your liking.

Upon purchasing, homebuyers are invited to choose from dozens of different packages that best fit their budget, taste and lifestyle.

As of June 30 there were a record 251 new condo projects being built across the GTA for a total of 64,670 units. These units are 87 per cent sold.

A significant reason for the condominium's rise in popularity is affordability. Provincial public policy has placed an emphasis on intensification, creating a constraint in land supply for ground related housing in the GTA. As a result, new condominiums gained a considerable price advantage which adds up to more than $200,000 on average.

Inventory for new condominiums is at an all-time high, giving new home buyers plenty of options when it comes to location, size, amenities and price.

As a homeowner, I think having the freedom to choose is an imperative factor when purchasing a new home, and that is why I chose to buy new.

What's hot on the condo market

1. North York

Open House: Aqualina at Bayside condos. Head on over to 4800 Dufferin St., Aug. 10 and 11 from 12 to 6 p.m.

CONTACT: CALL 416-514-2710 OR VISIT TRIDEL.COM

2. Scarborough

One Day Sale: Ten88 new urban town homes in Scarborough. Head to 1088 Progress Ave., Aug. 10 from 11 a.m. to 5 p.m.

CONTACT: VISIT EMPIREPACE.COM TO REGISTER

3. Riverdale

Open House: The Ninety lofts in South Riverdale. Several suites available. Head to 90 Broadview Ave., Aug.10 and 11 from 12 to 5 p.m.

CONTACT: CALL 416-368-5262

4. Downtown

Open House: Casa condos. Head over to 33 Charles St. E., in the Church and Yonge corridor, Aug. 10 and 11 from 2 to 4 p.m.

CONTACT: CALL 905-822-5000

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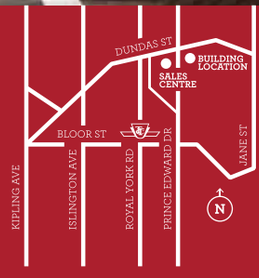

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Housekeeping myths

Dusting an oil painting

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

If you are lucky enough to have an oil painting in your home the question that will come up at some point is, "How do I clean it?" Well, let's discus this for one minute, as there are two stages to cleaning this type of painting.

The frame

This should always be dusted with a fine soft powder make-up brush as needed. You want this type of makeup brush as it will not damage the wood frame and will not remove any of the gold that may be on the wood frame. Dust the frame from the centre (area closest to the painting) outwards. If your frame is particularly dusty, use a vacuum on low speed to absorb the dust going into the air after the motion of the makeup brush. Never use the vacuum tool directly on a wood frame as the brush will not be soft enough and may damage the frame or scratch the finish.

The art surface

Don't clean the surface. The rule of thumb that I teach every student in butler school is always the same — don't ever touch the canvas of any art! This should be the rule of thumb that you always practise at home. Some books say it is OK to use white sandwich bread or bread dough to "sponge" against the canvas to absorb the dust, without rubbing. This in my estimation is a huge mistake. Always use the advice of an art expert/curator to advise how best to proceed.

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Not like going back to school: The College

15 storeys in one of Toronto's most desirable communities. CONTRIBUTED

Meet the condo

- **What.** The College
- **Builder.** Tribute Communities
- **Location.** 297 College St.
- **Website.** tributecommunities.com
- **Pricing.** Starting from $326,990

The project overview

Toronto's hottest new condominium community, The College, is an exciting 15-storey condominium residence that allows you to experience life in the heart of one of Toronto's most vibrant and desirable neighbourhoods.

In the neighbourhood

This bustling neighbourhood has much to offer in terms of shopping, dining and entertainment. It's walking distance to the University of Toronto, the eclectic shops of Kensington Market and Little Italy with its many great restaurants, bars and clubs.

Location and transit

Located at College Street and Spadina Avenue, the building will have easy access to the College and Spadina streetcars. The downtown core, Union Station and the subway system is just minutes away.

Building amenities

Featuring a theatre room, billiards room and a guest room. There's a fully-equipped gym and a huge outdoor terrace adjoining the kitchen and dining room, all located on the fifth floor.

Five-year mortgage rates

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3.29%	RBC	3.20%
4.99%	SCOTIA	3.10%
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5.14%	NATIONAL	3.20%
3.19%	BROKER	2.40%

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THINK NEIGHBOURHOOD FIRST

WHEN PURCHASING THAT NEXT ITEM ON YOUR LIST

CONTRIBUTED

No two neighbourhoods in Canada are exactly alike. The identities and qualities that draw us to a neighbourhood are based on its residents, its common spaces and, more often than not, the small businesses with which they populate.

There are more than one million small businesses across the country and their role in shaping the identities and atmospheres of our communities is a crucial one. Their prosperity has implications on employment creation, on dollars kept close to home, on support for local causes or initiatives, and on a neighbourhood's ability to continue to attract commercial and residential investment.

Technology has changed how we as shoppers locate information and has consequently increased competition levels for small businesses. From a consumer standpoint, it has made the world a smaller place, with a purchase as easily made across an ocean as across the street.

Yet, often overlooked in favour of pricing and convenience is our individual ability to directly influence the growth of the areas where we live, work and play through our choices in where we spend our hard-earned dollars.

Among the effects of shopping at local businesses:

• Local businesses create jobs: Small businesses are the largest group of employers in Canada. The more local jobs that are created, the more the neighbourhood grows.

• Better relationships: One of the main attributes of local businesses is their often exceptional customer service. Customer relationships where a business owner knows you by name and knows your likes and dislikes still exist in local enterprises, making your shopping experience a memorable one.

• Decision-making power stays local: Local ownership means that business operation and activities that may affect the community are made locally.

• Local businesses keep dollars close to home: Dollars spent within the neighbourhood directly benefit the local economy and tend to be reinvested within the community in the form of local employment or the contracting of locally-based supplies and services.

As residents and consumers, we all play a role in the survival of Canada's small businesses. A single purchase at a local retailer or service provider helps preserve the aspects of our neighbourhoods, which make them unique. A simple sale that might be a drop in the bucket for a large retailer can often help a small business stay open and continue to grow.

So when buying that next item on your list, put your neighbourhood first.

– François Ramsay, senior vice-president with Yellow Pages

BUSINESSES CAN HELP THEIR COMMUNITIES

CONTRIBUTED

"We owe it to our customers to do the job right."

That has been Edge Screen Studio's philosophy since the day it opened. But what sets this T-shirt screening company apart is its holistic approach. At The Edge, the customer isn't just king — they are a fellow citizen.

"We're in a competitive market, with a lot of clients who focus on high volume and low prices," says Shirley Goldstein, who has operated the business with her husband, Jonathan, since 1988. "Here, we focus on excellence in quality and service, for an affordable price — and we deliver our products on time."

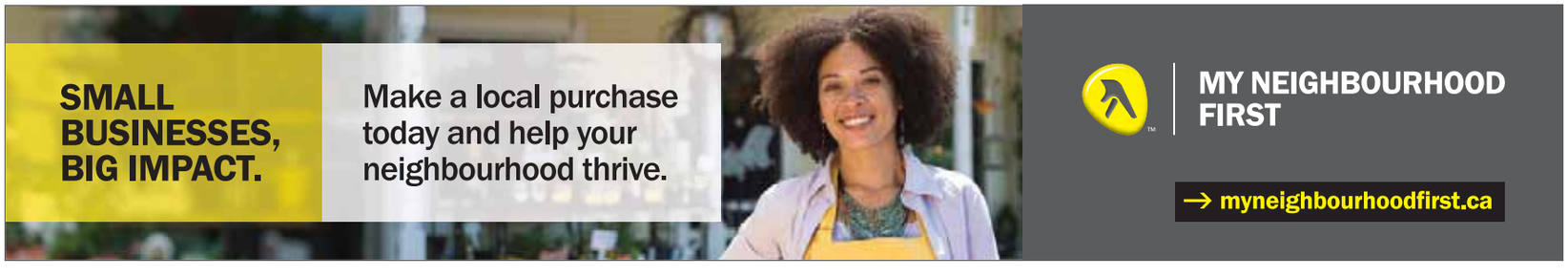
The Edge's production process follows strict procedures, ensuring the health and safety of both its customers and employees. It also purchases its materials locally whenever possible.

And that's not the only way Shirley and Jonathan help their community. The Edge is also a longtime supporter of cancer-related charitable events, including Ovarian Cancer Canada's Walk of Hope and CIBC Run for the Cure, providing T-shirts at heavily discounted prices and volunteering personal time as well.

"I don't know a single family that hasn't been affected by cancer," Goldstein says.

"Thanks to our business, we can be part of making things better."

Make a local purchase today and support local business owners like Shirley Goldstein.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ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

FRESH WEDNESDAYS OFFERS TASTY TREATS

What better way to get you through the mid-week hump day than some upbeat tunes and tasty treats? Thankfully, the City of Toronto is in full swing with its Fresh Wednesdays to help you through your week.

Every Wednesday from 10 a.m. to 2 p.m., Nathan Phillips Square is home to a variety of singers and songwriters crooning as you tuck into gourmet ice cream sandwiches or pick up some tasty Saskatoon berries.

"Fresh Wednesdays gives downtown workers the opportunity to purchase fresh fruit and vegetables on their lunch hour so they don't need to stop at a grocery store after work," says Natasha Emery, programming supervisor with the City of Toronto special events department. "Visitors can also purchase quick, tasty lunch meals from a variety of vendors including Malaysian Murthabak and Caribbean roti."

While you may come for the fresh food, stay for the tunes from fresh local artists on Wednesdays from 12:30-1:30 p.m. such as Peter Katz and Emma-Lee or Monique Barry.

And to make the most of this event, don't forget these tips.

"When you do come, you can ask for a sample and taste a new variety of fruits or vegetables," Emery says. "Also, bring change and small bills because most vendors accept cash only."

THE JEWEL OF SCARBOROUGH

AURORA COLLECTABLES

CONTRIBUTED

Aurora Collectables, an established business in the gift and tableware industry, originally started in 1981 by the Aurora family. Boasting a 10,000-square-foot showroom featuring an array of gift and tableware, Aurora Collectables caters to a host of gift giving and shopping for all occasions.

Originally started by Bob Aurora, the store is now managed by his two eldest children, Bhavna Malhotra and Sachin Aurora. "Even though Sachin is his actual first born, we both know that the store is my dad's first child," Malhotra says laughing.

While the destination gift and tableware store — which carries dinnerware, stemware, cookware, housewares, jewelry and much more — has been in business more than 30 years, it can still be found in Scarborough, earning it the nickname "the jewel of Scarborough" more than once. And the lines of brand names it carries, in store and online, are impressive — think Royal Doulton, Wedgwood, Le Creuset, Portmeirion, Vera Wang, Swarovski, Pandora and Henckels.

But Malhotra truly believes it's the personal touch that keeps customers returning to this local gem.

"In our industry, it is the customer service which matters the most and that is what keeps customers coming back again and again … We look after our clientele and we don't want you to come in and feel like we're just taking your money. We want to be able to be your friends and family as well."

So don't be surprised if Bhavna, Sachin or one of their colleagues asks about how your children are doing, or how that wedding went last month, or you see the Aurora Collectibles name supporting a local event or charity.

"Because we really have a family-style feel here at the store."

JULY 10 – AUGUST 28, 2013
FRESH WEDNESDAYS
Presented by Timothy's World Coffee
JULY 11 – AUGUST 29, 2013
TASTY THURSDAYS

Farmers' Market
10 am to 2 pm

Fresh Concerts – 12:30 - 1:30 pm
Aug 14: Liam Titcomb
Aug 21: Emerge – Tyanna Nikkita, Brett Kingswell, Selena Evangeline and Natasha Waterman

International Cuisine
($7 or less)
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Tasty Concerts - 12:30 - 1:30 pm
Aug 8: Santerias
Aug 15: Kae Sun
Aug 22: Lemon Bucket Orkestra

Santerias

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MY NEIGHBOURHOOD FIRST

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YOU CAN REST EASY WITH DOWN UNDER

You know you are doing something right when you see your competitors shutting their doors, are able to hold your own against the U.S. big box chains, and celebrate 25 years in business.

That's exactly what Down Under, a three-store home furnishings chain, has managed to do after opening its first 800-square-foot flagship store in Toronto's College Park complex more than two decades ago.

"We're a family business and we're still thriving," says Victor Sagar, owner and president of Down Under, who runs two of the three stores while the third is run by Sagar's brother.

Sagar left university years ago to take over the business from his mother, Rani, who wasn't able to run the store day to day any longer.

"A lot of our competition and suppliers — I'd say about 70 per cent of those stores — they have gone out of business due to factors such as the big box stores coming in, online sales and more."

So how does Down Under, a chain that collectively has 10,000 to 12,000 square feet of space, manage to not only keep its doors open, but do well? Its ability to adapt and change, Sagar says.

"As the market has changed, we've changed with it. We used to sell one sheet for $200, but people just don't want to pay those prices anymore. Now our prices start at $20 for a whole sheet set and go up from there."

They also sell brand name mattresses at 25 to 40 per cent less than their competitors, as well as condo-sized furniture.

Sagar also notes that continuing to provide knowledgeable customer service — something big box stores have been noted to lack — helps as well.

"If we're selling a certain product at the same price as a big box store, the thing that differentiates us is that they can come in and talk to someone about their needs. What size and colour they're looking for, etc., so that makes a difference to them. When you put low prices with personal service, you put those two together, that's a winning combination."

SMALL STEPS MAKE A BIG DIFFERENCE

ISTOCKPHOTO/THINKSTOCK

Embracing a buy local philosophy doesn't have to be arduous, a pair of Canada's leading advocates say. And while people may feel their efforts won't matter, that's simply not the case.

"They're wrong if they think that," says Don Mills, president of Local Food Plus. "It will make a difference.

"As consumers, we can have some control over our purchasing choices. I think we can have more of an impact than we give ourselves credit for."

It's not an all-or-nothing proposition, says Jessie Radies, founder of Live Local Alberta. Any little bit can help, and possibly lead to more involvement down the road.

"I don't think we need to be militant about the 'local' message," she says. "I encourage people to start small and make small shifts in their behaviour. Start by committing to 10 per cent or 20 per cent of your spending local."

Financial challenges come into play, but so, too, do habit. There is nothing wrong with making small adjustments, Radies says.

"You can still go to Starbucks every day, but maybe one day a week, try to stop at a local coffee shop. I don't think we need to be militant about the local message. From there you slowly make more changes and we find that people start to make decisions based on more than just price."

Asking questions about where your products come from can also start the change, Mills says.

"Like where our $3 T-shirts are made, we need to understand the environmental and social costs of cheap produce," he says. "Understanding and asking questions, even in big chains. Not many people talk to the produce manager and say, 'Where is this from?'

"Backing away from highly processed and looking at raw ingredients will bring us back nicely. Those are areas we can start to make a difference. It's a lifelong journey of food. We can start by making small steps."

– Jason Menard

FRESH TASTE AT PICKERING TOWN CENTRE FARMERS' MARKET

There's nothing like a weekly famers' market to bring a community together — and that's exactly what the eco-friendly Farmers' Market at Pickering Town Centre does.

In its third year, the market showcases more than 30 vendors including farmers from within 100 kilometres selling their farm-fresh products, everything from seasonal produce such as berries, onions and beets, to meat and poultry, maple syrup, and graded eggs. The market also features specialty homemade products such as olive oil, hot sauces, baked goods, and homemade preserves, and showcases live entertainment and arts and crafts from local artisans.

While it's all about having fun and buying local, the non-profit event supports local food banks, too. The rents the vendors pay go directly to purchasing items for the local food banks, says Lorna Murphy of Pickering Town Centre. Last year, the market food drive raised a record 9,000 non-perishable food items for the two local food banks, and this year the centre has set a goal for a record-breaking 10,000 items.

The market is held every Tuesday in the parking lot of Pickering Town Centre from 11 a.m. to 6 p.m.

"There's really nothing like buying your fresh berries from the farmer who literally picked them early that morning," Murphy says.

The Farmers' Market at Pickering Town Centre runs until Oct. 15. For more, visit pickeringtowncentre.com.

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Farmers' Market
TUESDAYS 11AM - 6PM UNTIL OCTOBER 15TH
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FRESH • LOCAL • ART • CULTURE • MUSIC
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FARMERS Market
DONATE NON-PERISHABLE FOOD AND SUPPORT LOCAL FOOD BANKS
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Games can help build a child's word and number skills, as well as strategizing, problem solving, turn taking and negotiating, which is a great way to stimulate a child's academic skills while they are having fun. ISTOCKPHOTO/THINKSTOCK

Celebrate another school year

MICHELLE WILLIAMS
For Metro

Are your kids sorry to see summer go? It may feel a little geeky for your kids to admit that they are excited about going back to class, but many children are.

Whether your kids are quietly cheering the start of school or wishing it was still a long way away, there are things you can do to celebrate the end of summer and the coming school year.

Start by asking your kids to make a list of what they like about school. This isn't just a make-work project.

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way," said Kathy Lynn, parenting expert, speaker and author.

Plan a special end of summer activity. "A beach party or visiting a water park really celebrates summer," Lynn said. "Or, depending on the ages and interests of the kids, it could be something more educational, like a visit to a museum or science centre."

Fresh start

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way."

Kathy Lynn, parenting expert, speaker and author

You can even go big and throw an end-of-summer party. "Invite school friends the kids may not have seen all summer to help re-establish connections."

Shopping for new school clothes and supplies is always lots of fun. "Starting fresh with new things is a great way to get kids keen to head back to class," Lynn said.

Choose a day when things won't be busy or rushed and turn it into a special occasion by adding a lunch or a movie after you are done shopping.

It doesn't have to all be about celebrating.

"Pull out a few board games like Monopoly or Scrabble," Lynn said. "It will help build their word and number skills, as well as strategizing, problem solving, turn taking and negotiating — a great way to stimulate kids' academic skills while they're having fun."

Do your kids say they don't want to go back to class? Listen carefully to their reasons. It could be bullying, nervousness about moving on to a new grade or dealing with a new teacher. Lend an ear, it's important for kids to know you are there to support them.

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Try a switch to whole-grain bread for a healthier lunch for your child. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Get kids to make a lunch wish list

Nutrition. Sharing meal ideas together is a good idea to avoid getting into a rut

MICHELLE WILLIAMS
For Metro

In our time-crunched lives, remember that it takes just a few minutes and a little imagination and inspiration to pack up prize lunches for your little superstars.

"Start with a few time-saving strategies," said Brandy McDevitt, registered dietitian and co-owner of TummyThyme, an Ottawa-based consulting service specializing in kids nutrition.

"Pack up lunches the night before, prepare healthy choices in advance — cut up fruits and veggies and pack up dinner's leftovers to make the process easier. Cook in bulk and freeze single-serving portions so they're ready to grab and go."

Another challenge is what to pack, especially for kids who are picky eaters or who may be swayed by what their friends are pulling out of their lunch bags.

"I encourage parents to involve their children in the process as much as possible," McDevitt said. "Get them to make a wish list of lunch items, then come up with an agreement about what's acceptable in your family. Brainstorming meal ideas together on a regular basis is a good idea to avoid getting into a rut.

"Encourage fussy kids to move out of their comfort zone by trying one new item, like switching to whole-grain bread or adding a slice of cucumber to that simple cheese sandwich."

It's not just about filling bellies though. Good nutrition is essential when it comes to school lunches.

"Studies show that nutrition impacts how kids learn," McDevitt said. "We want to model good eating habits for them, even when we aren't there. So what we pack for them to eat at school is extremely important."

McDevitt recommends aiming for three of the four food groups in your lunches: Fruit and veggies; grains (whole-grain bread, pasta, rice, quinoa); milk and alternates (yogurt, cheese, milk substitutes); and meat and alternates (eggs, meat, beans, lentils, fish).

Add a fruit kebab for dessert. DORLING KINDERSLEY RF/THINKSTOCK

Kid-tested ideas

1. Pack breakfast for lunch. Cut pancakes into bite-size pieces with yogurt and berries or make toast fingers wrapped in foil and add a hard-boiled egg and a piece of fruit.
2. Kebabs. Skewer cubes of cheese, egg and yellow bell pepper on plastic sticks and serve with crackers. Do up a fruit kebab for dessert.
3. Add some heat. Pack up a little comfort with soup, chili, spaghetti or scrambled eggs in a Thermos.

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Tick-tock: Time for a new routine

MICHELLE WILLIAMS
For Metro

Reading is a good way for children to get tired and eventually fall asleep. VSTOCK/THINKSTOCK

After a long summer of late nights and lazy mornings, it's time to get back into your school routine. But it's not easy to start that regimen and get kids in bed early while it's still warm and light outside.

"Start at least a week ahead, because however late your kids have been staying up — a little or a lot — they can't make the adjustment overnight," said Kathy Lynn, parenting expert, speaker and author. "Make it a process."

Lights out?

"It's not really necessary," Lynn said. "If you think about it, it's not really that big a deal if your kids fall asleep reading with the lights on. Don't insist your kids go right to sleep, just get them into bed. Reading is a good way for them to get tired and eventually fall asleep."

Books are great, but not electronics.

"Kids don't fall asleep easily right after watching television or playing video games," Lynn said.

"Electronics should be turned off well before bedtime, generally about an hour ahead. Create a calm atmosphere by enjoying a snack, a bath and a book. A quiet routine will get your kids relaxed and ready to fall asleep."

Talk about your routine. Should you set out clothes the night before?

"It really depends on if your children are night or morning people. If kids don't like getting up early, you don't want anything extra in your mornings. Set a schedule with the help of your kids so you can decide what to do the night before and how to schedule your morning tasks. For example, if you have a morning doddler who wakes up hungry, schedule getting dressed before breakfast."

What about parents and electronics at bedtime?

It's pretty difficult for kids to settle down when parents are talking on the phone, busy at the computer, or distracted in front of the television. For best results, everyone needs an hour break. Spend the time reading to your kids, or take part in other quiet pursuits until they are asleep.

Manage those first days back

You have spent the last couple of months relaxing and enjoying lots of unscheduled time, but that's about to change when that all-important first day of school hits.

Here are some simple tips from Cassandra Alviani-Alvarez, principal of Fairbank Public School in Toronto, to help you manage the chaos:

1 Get organized now. Before school starts, purchase a big calendar and start planning. Who will do the drop-offs and pick-ups before and after school? What after-school activities will each child attend and when? Write it all down so there is no confusion once school starts.

2 Complete paperwork as it is received. Between school and extra-curricular activities, the start of the school year comes with piles of paper — information to digest, forms to complete and return. Take care of it and return forms right away. It's important information the school needs and it prevents paperwork from piling up at your house. And remember to write upcoming events on your calendar.

3 Get appointments out of the way. Take the kids for haircuts, immunizations, doctor and dental appointments in August before life gets too busy.

4 Do a wardrobe check. Make sure your kids' clothes are clean and in good repair, check to see what fits and what doesn't, and buy what's needed now while you can do it casually.

5 Stock up on school supplies. Depending on your kids' ages and the school, these will vary, but pick up the basics before the stores get too busy.

6 Set up a homework zone. A common area like the kitchen table is great so you can keep an eye on things and help when necessary. Also, be sure you have a special homework time set up — wait until kids have had a snack and some playtime before launching into homework. MICHELLE WILLIAMS

Spend some time at your child's school playground to get them comfortable in their surroundings. ISTOCKPHOTO/THINKSTOCK

Transition. Ease into the new academic year

Whether your child is attending school for the first time, moving to a new school, or simply starting the school year in a new class with a new teacher, the shift to the classroom from summer can be stressful and challenging. With the new school year just around the corner, try some of these easy ways to ease into the new academic year.

"It's important to plan ahead," said Cassandra Alviani-Alvarez, principal of Fairbank Public School in Toronto.

"Towards the end of August, visit the school, spend some time at the school playground and explore the grounds to get your child comfortable in the space. Often, teachers are already in their classrooms getting set up, so your child's teacher may even be there to say hello."

This gets your child feeling comfortable in the school environment, and builds the connection between parent and school for your child.

Encourage communication by talking to your child about how they feel about the start of school.

"Ease the anxiety by promoting the positive," Alviani-Alvarez said. "Focus on the fun she'll have and the friendships she'll make. Contact and re-establish connections with school friends in late August to remind your child about how much fun it is to be in school."

Go shopping for an outfit for the first day of school.

"Having something new to wear makes your child feel special and helps encourage her to do her best," Alviani-Alvarez said. "Also, visit the library before school starts to get your child into learning mode. Pick up a book your child will look forward to start reading with you beginning on the first day of school."

Establish bedtime routines and healthy eating so your child is rested and ready to learn.

"Familiar foods are comforting, so pack lunches your child is used to once she starts school, and include a special note from you with a few words of encouragement," Alviani-Alvarez said.

And remember to spend quality time together now before school starts.

"Laugh, have fun, experience some good times — then send them off for success." MICHELLE WILLIAMS

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Pop goes the ice — in your mouth

One of the easiest frozen treats you can make at home is an ice pop and Andrew Chase's 200 Best Ice Pop Recipes allows you to expand your repertoire.

All recipes eliminate artificial flavourings and colourings and are actually full of healthy ingredients. But these aren't just your typical ice pops because included are flavours from Mexico, Asia and the Caribbean. Among the ice pops in the book are Citrus Fruit, Asian Ice Pops, Coffee and Tea, Adult Pops (with alcohol) and more.

Chase was one of the most popular guys in his neighbourhood last year while developing recipes for his cookbook.

Creating the recipes for the book turned out to be a lot of fun, said the food writer and former chef. "It exploded. I realized how much fun it is and how many different things you can do with all the fruit and all the coffee and the tea and the chocolate and the cocktails."

These Fudge Ice Pops, for example, are rich and chocolate-fudgy — and definitely a step up from the commercial treat. But they still retain the youthful spirit of a fun indulgence.

Tapioca flour is often called tapioca starch. They are identical products.

Fudge Ice Pops

This recipe makes nine to 12 ice pops. THE CANADIAN PRESS H/O

Ingredients

- 550 ml (2 1/4 cups) milk
- 15 ml (1 tbsp) tapioca flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 60 g (2 oz) semisweet chocolate, chopped
- 175 ml (3/4 cup) sweetened condensed milk
- 3 ml (3/4 tsp) vanilla extract

1. In a saucepan, whisk milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate until melted, incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions. **RECIPES ON THIS PAGE: 200 BEST ICE POP RECIPES BY ANDREW CHASE (ROBERT ROSE INC., ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS**

Tomorrow's Paper

Need a fresh way to chill out this summer? We got you covered with easy ideas for delicious do-it-yourself ice cream flurries.

Snack. Margarita Ice Pops

When cocktail hour rolls around, serve frozen Margarita Ice Pops. Always use freshly squeezed lemon juice or lime juice in your ice pops; bottled just doesn't compare.

1. In saucepan, combine water, sugar, lime zest and salt. Bring to a boil, reduce heat and simmer for 2 minutes. Pour into a measuring cup and set aside to cool. Discard lime zest. Stir in lime juice, tequila and liqueur.

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours or preferably overnight. If you are using an ice pop kit, follow manufacturer's instructions.

Ingredients

- 325 ml (1 1/3 cups) water
- 50 ml (1/4 cup) granulated sugar
- 2 strips (each 1 by 5 cm/1/2 by 2 inches) lime zest
- Pinch salt
- 150 ml (2/3 cup) freshly squeezed lime juice
- 45 ml (3 tbsp) tequila
- 22 ml (1 1/2 tbsp) orange liqueur (such as Cointreau)

OHL

Business comes before family ties for Gilmour

A strong family connection might have brought forward Jake Gilmour to the Ontario Hockey League's Kingston Frontenacs, but it didn't keep him there.

Frontenacs general manager Doug Gilmour sent his son packing Wednesday, shipping Jake, goaltender Blake Richard and a conditional 12th round pick in 2015 to Niagara for the IceDogs 12th round pick in 2015. THE CANADIAN PRESS

Friendly

Roma runs over TFC at BMO Field

Miralem Pjanic scored twice and Alessandro Florenzi added a goal and an assist as Roma defeated Toronto FC 4-1 in a soccer friendly Wednesday night.

Toronto went ahead against the run of play on a 15th-minute own goal by Roma captain Nicolas Burdisso. Florenzi, Marco Borriello and Pjanic, with two, then replied for Roma. THE CANADIAN PRESS

TFC's Stefan Frei stops AS Roma's Marco Borriello on Wednesday night. THE CANADIAN PRESS

Seattle's Humberto Quintero watches the path of his two-run homer with Toronto catcher DeMarlo Hale on Wednesday. ELAINE THOMPSON/THE ASSOCIATED PRESS

No Happy ending in Jays pitcher's return

MLB. Return of pitcher J.A. Happ runs smoothly until fifth-inning comeback

Humberto Quintero's homer helped the Seattle Mariners complete their biggest comeback in two seasons.

Quintero's shot came in a six-run fifth inning that led to Seattle's 9-7 win over the Toronto Blue Jays, spoiling J.A. Happ's personal comeback from a serious injury.

On Wednesday

Mariners	Blue Jays
9	7

Happ made his first start since May 7, when he suffered a skull fracture and a sprained right knee after being struck behind the left ear by a line drive from Tampa Bay's Desmond Jennings.

Happ had three months of rehabilitation, primarily for the knee.

"It's been a long road to get back but at the same time I felt ready to help us win," Happ said. "And frustrated that it didn't work out today."

Happ, who took a no-decision, went four-plus innings, allowing seven hits and seven runs. He walked three and struck out two.

Brandon Maurer (3-7), who allowed eight baserunners and no runs in 3 1/3 innings, earned the win.

Five Mariners relievers worked the final seven innings, allowing no runs and six hits. It's the first time since Sept. 28, 2011 against Oakland that the bullpen has thrown at least seven scoreless innings.

Danny Farquhar worked an inning for his third save in five chances.

Edwin Encarnacion and Adam Lind hit back-to-back home runs for the Jays' five-run third, their 30th and 14th, respectively. It is Encarnacion's second straight 30-homer season. THE ASSOCIATED PRESS

Serena shows usual dominance at York

Serena Williams won her first match at the Rogers Cup over Francesca Schiavone on Wednesday. GETTY IMAGES

Top-seeded Serena Williams made quick work of her first opponent at York University's Rexall Centre Wednesday, defeating Francesca Schiavone 6-3, 6-2.

Williams, who received a first-round bye at the Rogers Cup, needed 75 minutes to complete the win. Her next opponent will be 13th-seeded Kirsten Flipkens, who posted a 7-5, 3-6, 6-2 win over Kiki Bertens.

There was one minor upset earlier in the day as 11-seed Maria Kirilenko fell 7-5, 7-5 to Alize Cornet. The unseeded Cornet is ranked 30th in the world.

Seventh-seeded Marion Bartoli looked strong in her first competitive match since winning at Wimbledon last month. She defeated Lauren Davis in straight sets.

"I didn't want to put too much pressure on myself because the last two times I played in Toronto I lost first round," she said. "So I just wanted to enjoy myself on the court and try my hardest. Obviously being able to win 6-0, 6-3 was pretty good for me."

Toronto's Sharon Fichman pushed Jelena Jankovic to a tiebreaker in the second set, but the veteran Serb held off the challenge for a 6-4, 7-6 (6) victory. That left Eugenie Bouchard as the last Canadian remaining in the singles draw.

Bouchard played defending champion Petra Kvitova of the Czech Republic in the late match on centre court. THE CANADIAN PRESS

Go to metronews.ca for coverage of Wednesday's late matches.

In Montreal

Milos Raonic's win on Wednesday was the first time since the French Open the Thornhill product has put together back-to-back wins.

- Vernon B.C.'s Vasek Pospisil also advanced, but Frank Dancevic of Niagara Falls, Vancouver's Filip Peliwo and Ottawa's Jesse Levine all lost second-round matches.

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Horoscopes

♈ Aries
March 21 - April 20
Astound people with your knowledge. Tell them how the world works. You may have no idea what you're saying but you speak with such conviction that few disbelieve you.

♉ Taurus
April 21 - May 21
You may be tempted to reveal a secret today but think carefully before you do. If you are going to divulge something that might be shocking, make sure you choose the right place and the right moment.

♊ Gemini
May 22 - June 21
Whatever experts may tell you today, your intuition will tell you something different. It is your intuition you must listen to. It may put you at odds with the majority but that's good.

♋ Cancer
June 22 - July 23
Someone needs help but is too embarrassed to ask for it. You know what the problem is and you know how to fix it, so do what you can to improve their situation. They'll love you for it.

♌ Leo
July 24 - Aug. 23
You'll do something out of the ordinary today just to see how others react. Make sure you leave a bit of space between you as they may respond in ways you had not considered, which could be painful.

♍ Virgo
Aug. 24 - Sept. 23
The secret to life is to not take it too seriously. That is the message of the stars for you today. Be ambitious, but don't make material success central to your existence. It's how you love that counts.

♎ Libra
Sept. 24 - Oct. 23
Friends and loved ones are likely to annoy you today, simply because they cannot make up their minds about anything. If you complain, they will find it amusing. After all, it's usually you who is indecisive.

♏ Scorpio
Oct. 24 - Nov. 22
The sooner you start on a project, the sooner it will be finished. So, stop making excuses and get on with it. Even if you take only one step forward today at least you are moving in the right direction.

♐ Sagittarius
Nov. 23 - Dec. 21
Ideas will come to you out of the blue and with remarkable clarity today, and at least one of them has the potential to transform your life. It's not just about ideas. You've got to act.

♑ Capricorn
Dec. 22 - Jan. 20
Act on the assumption that whatever you are told today is only half the story. It's unlikely that anyone is lying deliberately but chances are they don't know the full story, so how can they reliably inform you?

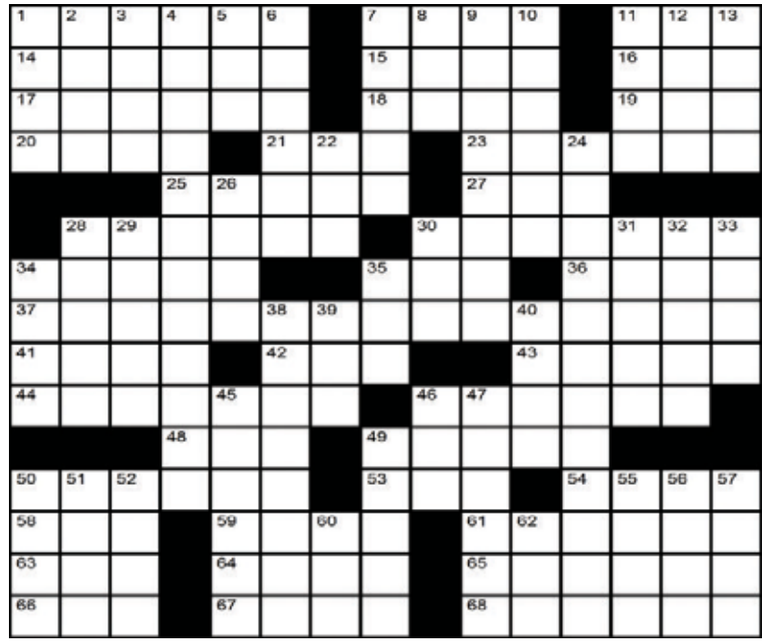
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time on trivial things, or trivial people. Think about what is really important, and think about how you can make the world a better place.

♓ Pisces
Feb. 20 - March 20
You are entitled to your opinions and to express them. Don't let anyone silence you today. The more they try, the more likely it is your opinions are hitting the right spot. Keep hitting it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



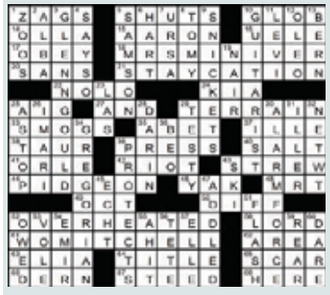
Across

1. Type of computer printer
7. French film
11. Blue Rodeo hit
14. One of Montreal's Concordia University's campuses
15. Dupery
16. Pronoun
17. Basketball great, __ Abdul-Jabbar
18. Commedia dell'__
19. Standard
20. Single-horse carriage
21. Celeb photographer
23. Bring†in from beyond
25. Picture files on PCs
27. __-locka, Florida
28. Rock: French
30. Horns of nature
34. "__ bleu!" (Golly!)
35. Camel hair garment
36. H.G. Wells people
37. Period of social change in Quebec in the 1960s: 2 wds.
41. Falsehood
42. That, in Tijuana
43. Tend the fire
44. This evening
46. Baseball team: acr. + wd.
48. Ginger drink
49. Picnic blanket's one-of-some
50. Vancouver-born actor Mr. Jackson
53. 'Motor' suffix
54. Yep's opposite
58. Commonly, in verse
59. Snare
61. Reached home plate, this way: 2 wds.
63. Charlemagne's li'l domain
64. 'Conval' suffix (Recuperate)
65. Nature/beach/recreation spot on Vancouver Island
66. '60/'70s war zone, informally
67. Want
68. Cold __ (Singer/songwriter from Etobicoke, ON)
24. Painter-at-the-easel's tool: 2 wds.
26. __-a-porter (Ready-to-wear)
28. Brazil's Sao __
29. 'Mort' suffix (Funeral parlor gig)
30. Blood-typing letters
31. Poet T.S.
32. Chess pieces
33. __ qua non (Essential factor)
34. Floor plan measuring unit, __. __.
35. Ms. Gardner
38. Practice for the play
39. Founded, for short
40. "Gomer Pyle, _._._._."
45. __-free bread
46. Calgary Flames org.
47. Bakery supplies
49. Made do
50. Saint __, New Brunswick
51. Canadian cellist Ms. Harnoy
52. Plant part
55. Relating to lyric poetry
56. "Get the Party Started" singer
57. Rock producer Brian's
60. Toronto Blue Jays mascot
62. Sever

Down

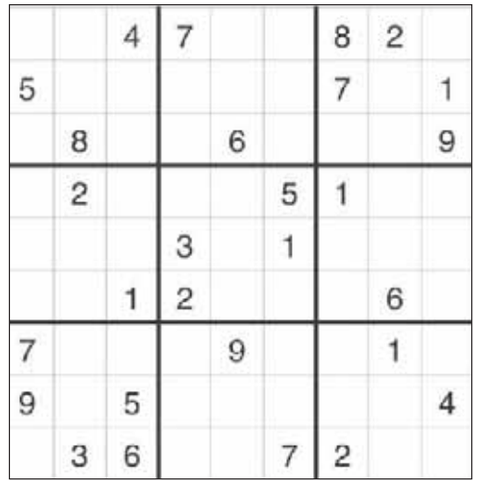
1. Types
2. Biblical mariner
3. Ms. Sedgwick of acting
4. Iconic 'Degrassi' character played by Pat Mastroianni: 2 wds.
5. 'Client' completer
6. Meddle
7. Cowboy coverings
8. 'Super' suffix
9. CBC News program, "The __"
10. Let off
11. Spelling misssstake
12. Bellylaugh!
13. Portable dwelling of Mongolia
22. 27, for one

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

Today
25°/16°
Variable

Friday
25°/15°
Variable

Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD

TWN incorporates MSC data

visit metronews.ca

metro

HYUNDAI ADVANTAGE

- ✓ 0% FINANCING FOR UP TO 96 MONTHS *ON SELECT MODELS*
- ✓ LOW PAYMENTS
- ✓ WELL EQUIPPED VEHICLES
- ✓ 5 YEAR WARRANTY

WELL EQUIPPED:

- ✓ AIR CONDITIONING
- ✓ HEATED FRONT SEATS
- ✓ HEATED DOOR MIRRORS
- ✓ FRONT ACTIVE HEADRESTS
- ✓ FRONT, SIDE & CURTAIN AIRBAGS
- ✓ POWER WINDOWS & DOOR LOCKS
- ✓ AM/FM/CD/MP3/USB/iPOD® AUDIO SYSTEM WITH STEERING WHEEL AUDIO CONTROLS

USB UNIVERSAL SERIAL BUS | 5 YEAR WARRANTY

2013 ACCENT 5 DR GL

HWY: 5.3L/100 KM
CITY: 7.1L/100 KM▼

SELLING PRICE: $17,335• ACCENT 5 DR GL 6-SPEED MANUAL.
$200 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

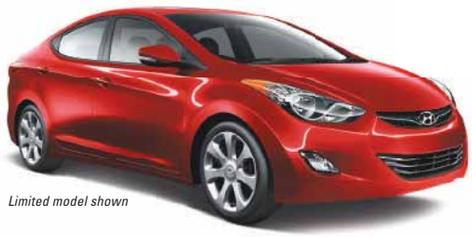
OWN IT FOR **$83** BI-WEEKLY | WITH **0%†** FINANCING FOR 96 MONTHS | INCLUDES **$200** IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

2012 BEST NEW SMALL CAR (UNDER $21K)

GLS model shown

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR



Limited model shown

2013 ELANTRA GL

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼

SELLING PRICE: $19,285• ELANTRA GL 6-SPEED MANUAL.
$750 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

OWN IT FOR **$92** BI-WEEKLY | WITH **0%†** FINANCING FOR 96 MONTHS | INCLUDES **$750** IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

BEST SELLING CAR IN CANADA™

WELL EQUIPPED:

- ✓ AIR CONDITIONING
- ✓ 6 AIRBAGS
- ✓ iPOD®/USB/AUXILIARY INPUT JACKS
- ✓ POWER WINDOWS & DOOR LOCKS
- ✓ SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM & STEERING WHEEL AUDIO CONTROLS
- ✓ CRUISE CONTROL
- ✓ HEATED FRONT SEATS

SiriusXM SATELLITE RADIO | Bluetooth | USB UNIVERSAL SERIAL BUS | 5 YEAR WARRANTY

WELL EQUIPPED:

- ✓ AIR CONDITIONING
- ✓ 7 AIRBAGS
- ✓ SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM
- ✓ VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL SYSTEM
- ✓ HEATED FRONT SEATS
- ✓ FOG LIGHTS
- ✓ ACTIVE ECO SYSTEM

SiriusXM SATELLITE RADIO | Bluetooth | USB UNIVERSAL SERIAL BUS | 5 YEAR WARRANTY

2013 SANTA FE SPORT 2.4L FWD

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM▼

SELLING PRICE: $27,895• SANTA FE SPORT 2.4L FWD AUTO.
$500 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

OWN IT FOR **$139** BI-WEEKLY | WITH **0.99%†** FINANCING FOR 96 MONTHS | INCLUDES **$500** IN PRICE ADJUSTMENTSΩ

OR

STEP UP TO THE SANTA FE **XL** FOR ONLY **$33** MORE BI-WEEKLY | 7 PASSENGER SEATING

NO MONEY DOWN

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

Limited model shown

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Accent 5 Door GL 6-Speed Manual/Elantra GL 6-Speed Manual/Santa Fe Sport 2.4L FWD Auto with an annual finance rate of 0%/0%/0.99% for 96 months. Bi-weekly payments are $83/$92/$139. No down payment required. Cost of Borrowing is $0/$0/$1,131. Finance offers include Delivery and Destination of $1,550/$1,550/$1,760 fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra GL 6-Speed Manual for $19,285 (includes $750 price adjustment) at 0% per annum equals $92 bi-weekly for 96 months for a total obligation of $19,285. Cash price is $19,285. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,550 fees, levies, and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ▼Fuel consumption for 2013 Accent 5 Door GL 6-Speed Manual (HWY 5.3L/100KM; City 7.1L/100KM)/Elantra GL 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/ Santa Fe Sport 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown: 2013 Accent 5 Door GLS 6-Speed Manual/ Elantra Limited/ Santa Fe Sport 2.0T Limited AWD are $19,385/$24,985/$40,395. Prices include Delivery and Destination charges of $1,550/$1,550/$1,760 fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $200/$750/$500 available on 2013 Accent 5 Door GL 6-Speed Manual/Elantra GL 6-Speed Manual/ Santa Fe Sport 2.4L FWD Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. πBased on the June YTD 2013 AIAMC report. †Ω♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.